

MARCH 2015

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# Good Housekeeping

HOME ♦ HEALTH ♦ HAPPINESS

## HOST A TEA PARTY

IDEAS, RECIPES,  
MENUS & MORE

BANISH THE BLUES  
“HAPPINESS  
EXPERTS” TELL YOU  
HOW THEY DO IT

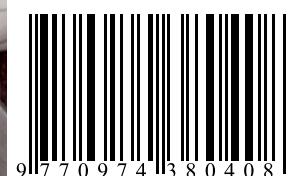
Dental Care  
BRUSH UP ON  
KNOW-HOW

Get that glow now!  
Skin fixes from your kitchen

10 THINGS  
NOT TO SAY TO  
YOUR CHILD

SPOTLIGHT  
ADOPTION  
A new perspective

Rice  
Pudding:  
New Ways  
See pg 76



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# POND'S

Instant Spot-Less  
fairness, everyday.\*

That's the Pond's promise.  
**Pond's BB+ cream**

**INSIDE:**  
GenWhite works  
daily to lighten skin  
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A WHITENING BREAKTHROUGH BY THE POND'S INSTITUTE | PONDS.IN

\* Instant effect with regular usage everyday.  
\*\* Results may vary depending on your skin condition.

# Flaunt Instant Spotless Skin This Summer

Summer is on its way in and make-up should be on its way out.

This season trade your make-up kit for the easy to carry and dual purpose Ponds BB+ cream, which guarantees instant spotless skin. You can stay Instagram ready with just two must-have accessories: the selfie stick, and the Ponds BB+ cream. We tell you why:

The sun will be out to play and so should you, minus the clutter of cosmetics. Layering on make-up before a day at work or college requires you to wake up early. It's a time-consuming activity and eats into the crucial breakfast hour.



THE PONDS BB+ CREAM IS MULTI-PURPOSE AND EASY-TO-APPLY AND AS SUCH ALLOWS YOU TO SQUEEZE IN MORE MINUTES OF SLEEP, A PROPER BREAKFAST AND STILL SPORT THAT MORNING FRESHNESS.



The advantage of the Ponds BB+ cream is that it can be applied anywhere for an instant glow. If you've planned a coffee date with friends or dinner with colleagues, all you need to do is put on the cream instead of make-up.

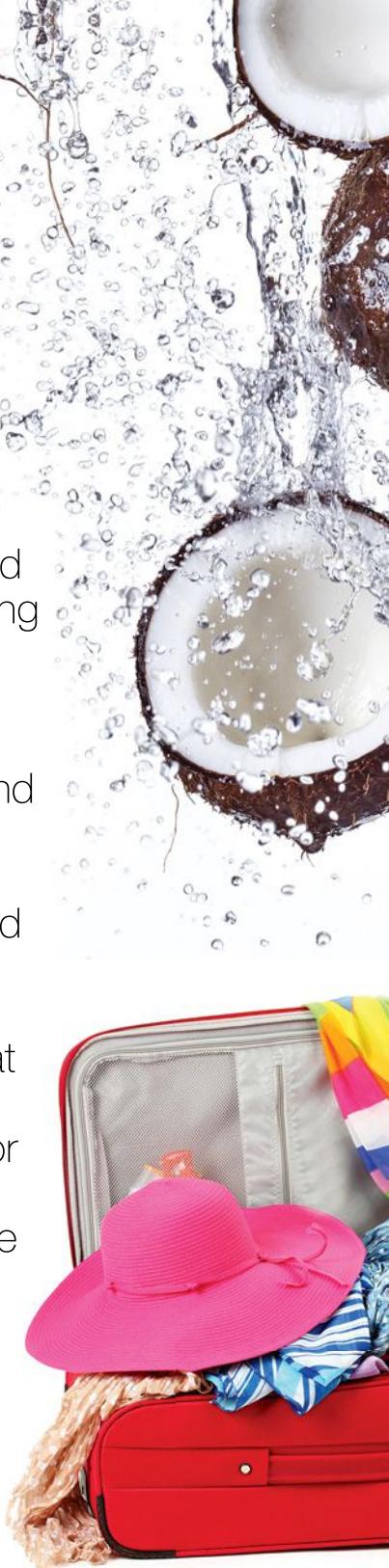
*The real beauty of the cream, which contains both SPF and foundation, is that it does not clog pores like make-up, it lightens your skin and spots from the inside, and allows your skin to breathe.*

So why waste precious minutes of your day choosing Instagram filters, when you can get instant results from Ponds BB+.

# MAKE HYDRATION YOUR MANTRA FOR *A YOUNGER YOU* *THIS SUMMER*



Summer is approaching and shying away from it, is a thing of the past. This summer, you don't need to confine yourself indoors. In fact put your ageing woes to rest and embrace the long sunny months by keeping your wardrobe thin, diet light, and your skin sufficiently hydrated, all for a younger looking you. No matter what the scenario; a long day at work, a weekend brunch, or a soiree that stretches into the hot summer night, make hydration for body and skin your mantra for youthful radiance. **Here are a few tips to stay hydrated and feel 10 years younger this season:**



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With the intelligent  
Pro-Cell Complex™

Reduces fine lines and other signs of ageing.

**Pond's age miracle™**

\*With regular use.

# Summer Diet

**Fluids are the natural path to younger skin, so make them your best friend.** Start your day with the super hydrating coconut water for a boost of freshness. To further reduce signs of ageing, sip water at regular intervals through the day. These universal fixes are the easiest and most effective ways for your skin to cope with the soaring temperatures outside. You also want a summer diet enriched with fruits and vegetables that are a great source of hydration. Indulge in antioxidant rich tomatoes, kiwis, and assorted citrus fruits. For that extra dose of retinol, which combats ageing, increase your intake of grapefruit, papaya, and carrots that are retinol rich. If you believe that you are what you eat then your skin will reflect the goodness of these nutritious foods through the summer.



## Dress Code

**Looking and feeling young is also about dressing the part.** An easy sartorial tip is to fill your closet with cotton. Pair floral tops with breezy linens at work, step out by day and night in floaty dresses, and team up vibrant skirts with light camis for weekend outings. With your hydrating routines in place, you can put your ageing concerns behind you.

## Skincare Essentials

The most crucial hydrating ritual is your summer skincare routine, which needs to be as light as your diet and wardrobe. No matter how many fruits or how much water you consume, the harsh sun does wear on your skin with age spots and dryness.



**Stay on top of your routine with the Pond's Age Miracle range that is enriched with SPF15 PA++ and 6 bio actives like Retinol, CLA, AHA and Glycerin that rapidly renew skin cells, visibly reduce fine lines, dullness and age spots and makes you feel upto 10 years younger.**



# POND'S



AN ANTI-AGEING BREAKTHROUGH FROM THE POND'S INSTITUTE



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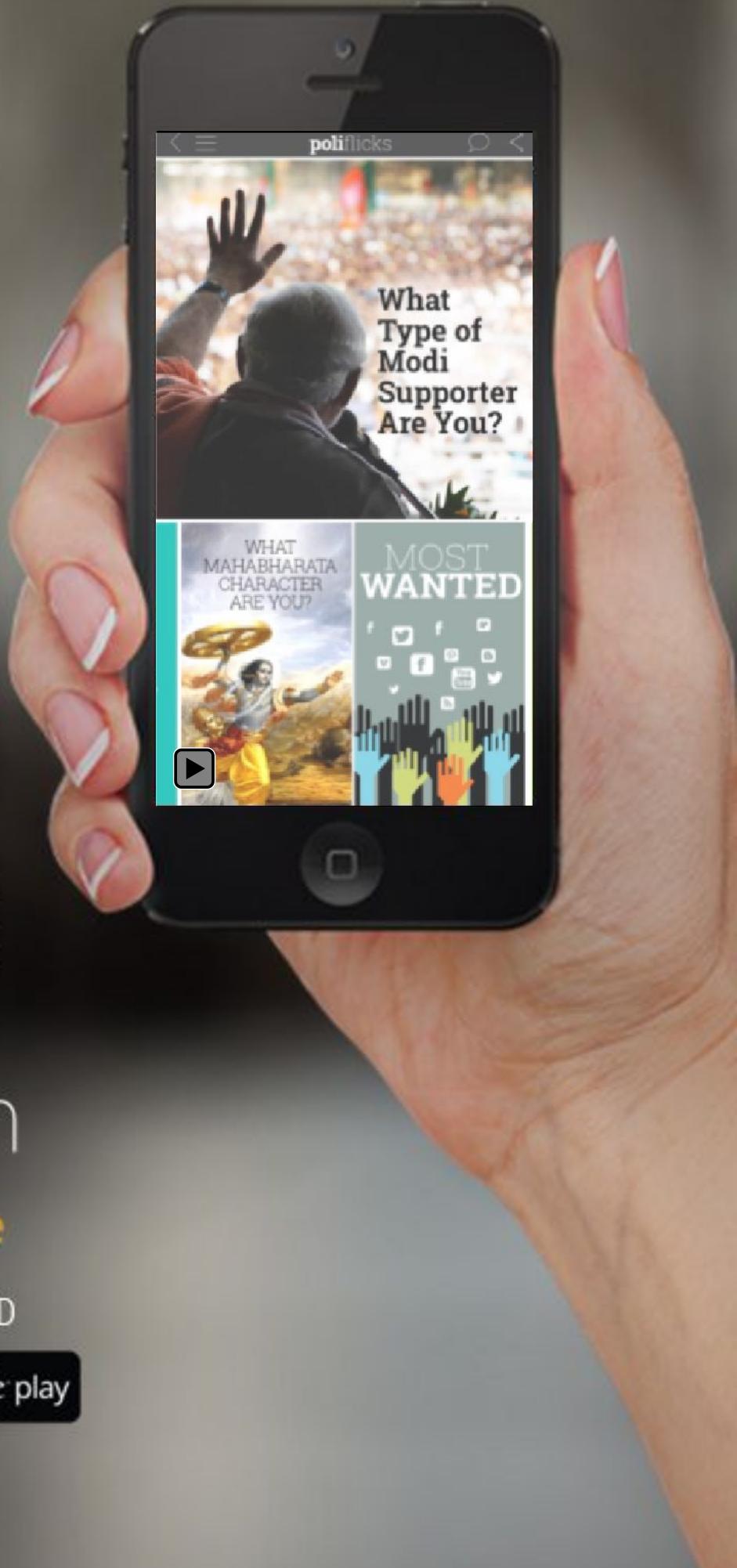
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OPEN TO OPINION

# March

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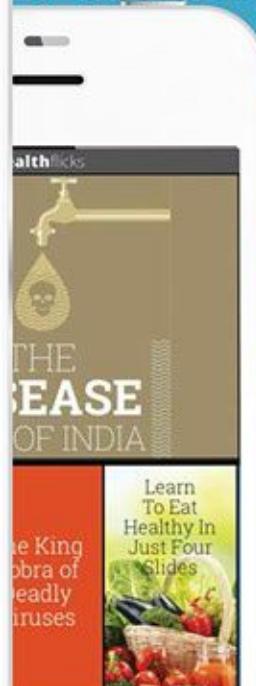




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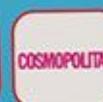


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# March

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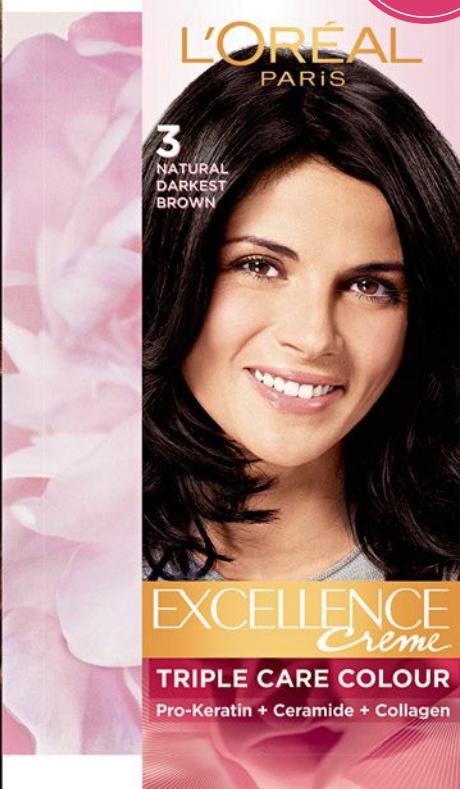
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## The GH "Real Woman" COVER GIRL HUNT

» **Nominate anyone you think is inspirational** in no more than 50-100 words. The winner will be featured on the GH cover. Your nominee should not have been featured in the national media. Write in to [ghindia@intoday.com](mailto:ghindia@intoday.com) with the subject line – Cover Girl.

» **The GH real-woman cover personality can inspire in different ways.** Be it tackling difficult life situations; daring to do something off the beaten track; fighting debilitating personal demons... anything.

## Brush up on a little gentleness this Holi

The virtues of courtesy and kindness are so rarely seen these days that they may as well be dismissed as archaic. The excuses flow easily as does the rudeness: I am rushed off my feet, there's no time for niceties; I am just frank; it's the intent that counts; in this day and age one can't cater to oversensitivity... What we often forget is that courtesy and kindness are for the receiver (not the giver) to interpret. Years ago, I was ticked off by my boss who said, 'Oh, you know I don't say half the things that I say to Rita (name changed) to you because you tend to sulk, and it's all gloom and doom for the next several days!'

There is something to be said about being oversensitive, of course. We work in a fast-paced system, and there's a lot to be done in the day, so indeed, brusque feedback may not mean rudeness. But it's a thin line between what may be considered to be as part and parcel of the working day and plain rudeness. I remember once while interviewing Benazir Bhutto, she told me that the biggest reason for the high attrition in corporate organisations was not due to poor salaries or better opportunities but the fact that the employees felt belittled at work.

This season of colours let's hear it for more gentle times!

Manjira Dutta  
EDITOR



## THINGS WE LEARNT IN THIS ISSUE



Ishita Sharma, **assistant editor** will resist from saying "well-done" to her nephews multiple times a day – it's best to ration compliments and brickbats. **Page 30**



Mohini Mehrotra, **senior associate editor** has learnt that there is more to green tea than just drinking it – works wonders for skin and hair when used externally. **Page 52**



Renu Singla, **art director** has learnt that brushing teeth immediately after meals erodes the enamel. **Page 70**



Nandini Banerjee, **senior associate editor** will now be boiling her green leafy vegetables with a pinch of salt to retain their natural colour. **Page 90**



Rene Verma, **assistant editor** plans to revisit her garden to place plants with similar water needs together – this enables the plants to form a protective mini ecosystem. **Page 110**

# MAKE YOUR MARK

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# Thoughts From You



## A Change In Priorities

I am an avid reader of *GH* and have always been a fan of your cover stories. The *GH* February issue's cover story – "The Secret To Their Happiness – Keeping It Simple" featuring Jimmy Shergill and his wife Priyanka, was not just a beautiful read but also an eye-opener for me. I have been a working woman for as long as I can remember, and at times have had to ignore the needs of my family and children – but no more; I am now revisiting my priorities and the credit goes to *GH* – after reading this cover story and the one before that in the Jan issue ("Don't Be A Replica Of Your Husband" featuring Bhagyashree), I feel equal importance to the family must be given and the decision to do so should stem from one's personal choice.

**Seema Aggarwal** New Delhi

## Cut Out Stress

The article "Don't Buckle Under Exam Stress" (Good Family) in *GH* February issue was well timed and pointed out an important aspect that is common to all exams; though necessary, they are not the end of life. I hope all parents take cues from this article – it will cut down the undue pressure we pile up on our children.

**B Ajit** New Delhi



## A Mixed Bag

I loved all the articles in the *GH* February issue and while penning down this letter of gratitude, I was faced with the dilemma of selecting which articles to rave about. Well... I would give the top rank to the cover story "The Secret To Their Happiness – Keeping It Simple"; the simple rules of happiness highlighted by cover personality Jimmy Shergill and his wife was a treat from start to finish. Also being a psychiatrist myself, I found the article "Don't Buckle Under Exam Stress" (Good Family) very informative and timely. It has been rightly pointed out that nagging, criticising and drawing comparisons with other children only make things worse. And yes, I agree that parents who make it a point to focus on the bigger picture and dwell on the child's future can cope better with this kind of stress. I have actually pasted a copy of this article on my clinic's notice board so that parents who come to consult me, carry this message home.

**Dr Gulbahar Sidhu** Jalandhar

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FOR MANAGING TOMORROW

## Time For A Confession

I am a compulsive shopaholic – I buy things I don't need, only to regret the decision after I get back home. During the sale season, I find it especially difficult to resist myself and end up buying whatever I can lay my hands on. But here's what really helped – the article "Don't Feel Weighed Down" (Good Reads) in the January issue of *GH*. After reading through, I came to realise that I had stocked an entire

almirah with clothes that I will probably never wear! The things I have collected over the years have created so much clutter. So here's the resolve I have made. I will shop only when I need to and will discard all the things I am not using. Thanks *GH* – you have made a huge difference.

**Dr Namrata Malhotra** Chandigarh



## A Treasure Of Ideas

I have been reading *Good Housekeeping* for almost 10 years now – and every month the magazine betters itself with fresh content and ideas. I especially look forward to the Good Food and Good Family sections as these two genres are the closest to my heart. I would like to read more "real-women" stories and get a taste of more vegetarian recipes in the magazine.

**Veera Sharma** via email

## The Power Of The Internet

I loved the story "Sisters Lost & Found" (Good Reads) in *GH* February issue. The re-union of the sisters was so touching – it brought tears to my eyes. Till date, I always perceived the internet in a negative light – you couldn't trust the information it provides and add to that the internet security issues – however this story made me rethink. Now I feel that technology can actually benefit so many people, such as this true-to-life sisters' case.

**Mamta Gupta** New Delhi



## A Lesson Learnt

This is my first letter to *Good Housekeeping* and I am inspired to write in after reading the feature "The Hoarding Disorder" (Good Health) in the February issue. My husband has an old tin box that had been lying in the store for the last decade. One day, he revisited the box and alas, it only contained old newspaper clippings, school and college notebooks, old clothes and old novels; things that had simply been lying around for no good reason. I made up my mind to "un-hoard" and talked to my husband about it. To my surprise, he readily agreed to discard all those things and even suggested that we do a clean-up of our house. Thanks *GH*.

**Kanchan Dhawan** Bengaluru



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IN THIS SECTION

- Not The Usual
- Warm Hues
- Fun Monochrome
- Drama Décor

# good ideas

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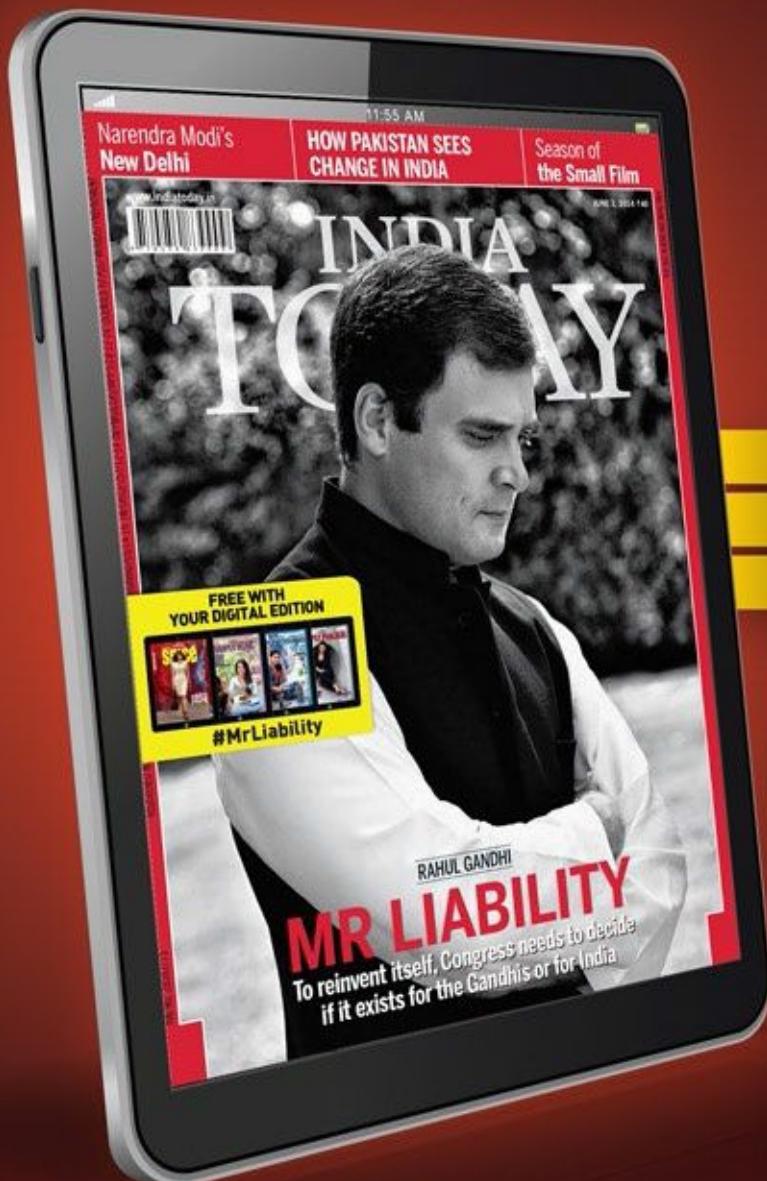
Colour  
Play

## NOT THE USUAL

Unlikely colours sometimes work well to give your space a definite character. In this roomscape, shades of brown and beige interplay to create a sophisticated canvas. The black highlights complete the picture.



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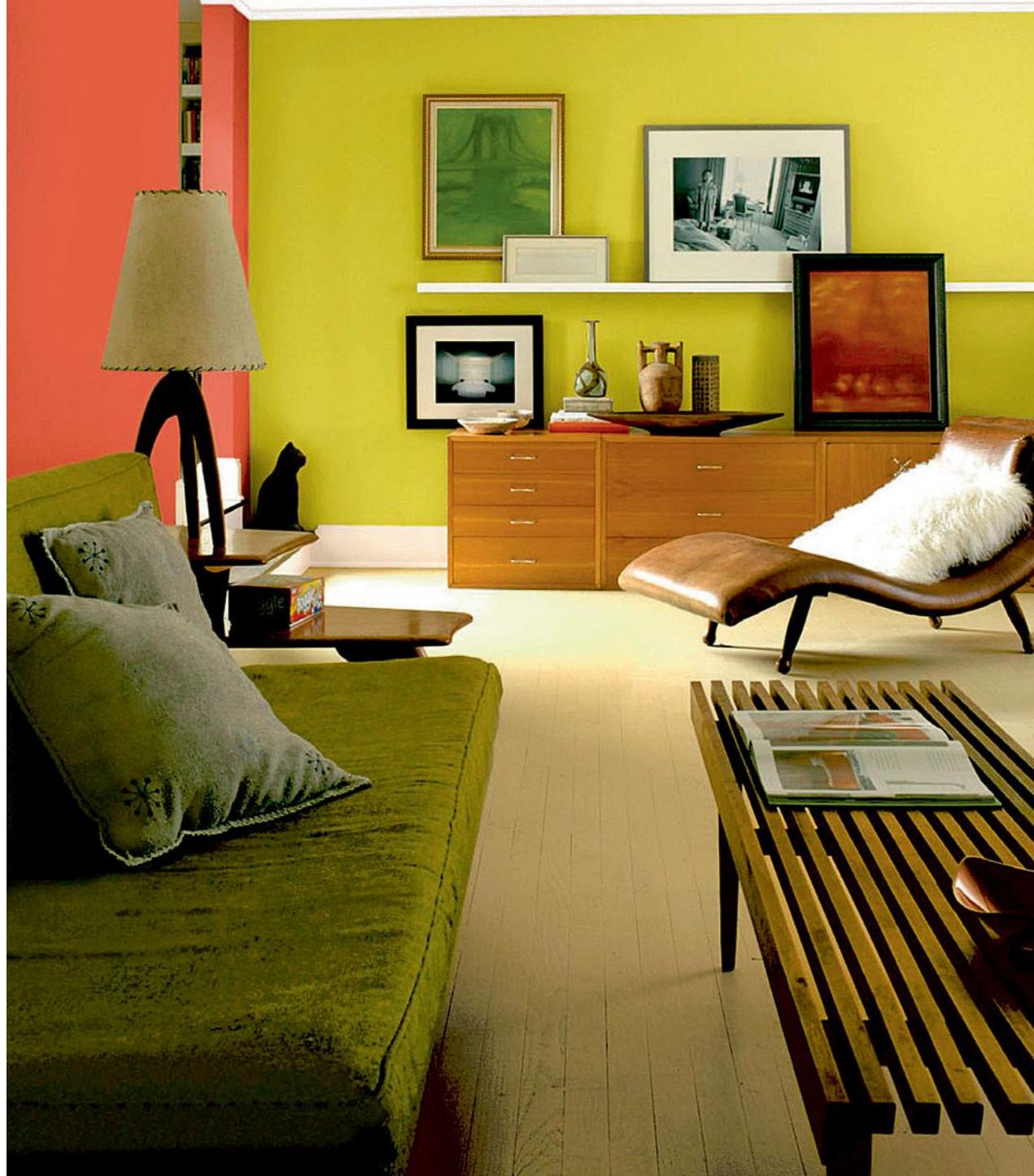


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## Warm Hues

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## Fun Monochrome

The monochromatic palette is followed through in the crockery. The quirky tree with its hydra-headed branches on the wall, adds a touch of whimsy. The shelving, all within reach, looks good and is convenient. Everything has a place just like the necklaces on the mannequin.

# Join the Olive Oil Revolution with Kunal Kapur

## ... Revealing the secrets of cooking a healthy meal with Olive Oil

A few days ago, we had the chance to share a day filled with gastronomic delights with Chef Kunal Kapur and Nutritionist Seema Singh at Le Meridian Hotel, New Delhi.

Under the theme 'Secrets to cook a healthy meal with Olive Oil', Mr. Kunal Kapur revealed many benefits of this great Mediterranean ingredient that makes cooking healthier and tastier. The renowned chef shared many tips about the usage of the different Olive Oils in our daily cooking: not just as an ingredient in our usual dishes but also in salads and desserts. He revealed how their ability to resist high temperatures prevents food from absorbing oil and keeps it juicy and appetising by creating a thin golden and crunchy coating. An ability that these oils ideal for cooking Indian dishes without changing the taste and texture of the dish.

Ms. Seema Singh went deeper into the benefits of Olive Oils: one of the healthiest oils in the world. She revealed us that they are not just great helping to prevent and fight against many diseases but also rich in antioxidants and beneficial substances and have a high nutritional value.

Finally, Chef Kunal Kapur delighted us by holding an interactive live cooking session. We were amazed when he showed us how our regular Indian specialities could be bettered thanks to the different types of Olive Oils.

So what are you waiting for? Bring home all the original flavours of the Mediterranean and enjoy a balanced meal every time you cook.

## Join the Olive Oil Revolution



Kunal Kapur, Executive Sous Chef, The Leela, Gurgaon & Renowned judge of MasterChef India.

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Seema Singh, Chief Clinical Nutritionist & HOD Fortis Hospital, Vasant Kunj, Delhi.



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## Drama Décor

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# You Said It!

Here's What Visitors To The GH Facebook Page Are Talking About



## FEBRUARY FAVOURITES

The most liked and shared

## Easy Chocolate Cake

### Ingredients

$\frac{1}{2}$  cup cocoa powder; 1 cup castor sugar; 1 cup self-raising flour;  $\frac{1}{4}$  cup olive oil;  $\frac{1}{2}$  cup warm milk & water mix; 1 &  $\frac{1}{2}$  tsp baking powder; 1 tsp essence of your choice; 3 eggs

**For Icing (optional)** 1 cup chocolate spread (we used Nutella); 1 cup cream cheese

### Method:

1. Sieve flour, cocoa and baking powder together. Do this twice and set aside.
2. Crack open eggs in a bowl, add castor sugar. Blend till mixture is smooth.
3. Add essence to the mixture and mix it in.
4. Add flour and cocoa; gently fold it into egg mix.
5. Preheat the oven to 180°C.
5. Add olive oil and milk-water to batter and mix it in.
6. Grease cake tin with olive oil and pour in batter.
7. Bake cake in pre-heated oven for 30 minutes at 180°C or till knife inserted in the cake comes out clean.
8. For the icing, mix the chocolate spread/Nutella with cream cheese.
9. Once the cake cools completely, slice it in half horizontally and spread some icing between the slices and top on rest to finish the cake.

### GH EXPERT TIP

Add  $\frac{1}{4}$  cup of tonic water to the cake batter to make the cake softer.

1365 People like this. 645 People shared this.

### MOST LIKED AND SHARED TIPS

- Experts reiterate that breakfast should be had in the first one hour of waking up and must include the following: protein (eggs/yoghurt), carbohydrates (bread/roti), cereal and a fruit.
- The next time you cut papaya, don't throw away the peel. The enzymes in papaya exfoliate the skin, repair sun damage and diminish age spots. Here's what to do: After using a face wash, gently rub the inside of the papaya peel on your face, focusing on the lines around your eyes, crow's feet, temple, mouth, neck and hands. Let it dry for 15-20 minutes. Rinse off with tepid water.
- Decorate your house in reds – the hot colour choice for 2015. Clarettes, wines, deep plum and samba reds spike up any decor; while metal accessories complete the look.
- Pick a saree in a style that is light and flirty to stand out in the crowd of "heavy drapes". Team with a pretty blouse in a cut that suits your figure and frame. Look good, feel great!

Photograph (bottom): iSTOCK



## Most Romantic Film

GH FB readers voted. Here are the results

**40%** **30%**

Dilwale Dulhaniya Le Jayenge

Notting Hill and Pretty Woman

**20%** **10%**

The Notebook and PS I Love You

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ASK SEN, NEWS YOU CAN USE & MORE...

## 10 Things “Not” To Say To Your Child

At *Good Housekeeping* we believe that there is no “good” or “bad” parenting – each child and parent is different. But there are some things you should *never* say to your child. Read on to add to your parenting skills... **By Ishita Sharma**

*Continued overleaf*

Spend some  
easy time  
with your child  
- don't follow  
any plan



## For 4-7 Year Olds

### 1 'Well Done' (Multiple Times A Day)

You say it almost every day – when he gets an A+ in Science, when he scores a goal in football or when he keeps his room clean. A recent US research says it may not be a very good idea. Children (like adults) develop the art of selective hearing\* at a relatively nascent stage. So, when they hear something such as “well done” multiple times a day, they simply tune out and concentrate on the sentence that follows it. For example, if you say, ‘Well done Rahul, I will treat you to an icecream,’ the child only hears that he is going to get an icecream soon, regardless of the fact that he is also being appreciated for his actions and behaviour.



### 2 'Finish Your Food Now'

Saying this every day will make your child think of eating as a chore (akin to brushing his teeth or waking up early for school) and he will end up detesting it all the more. A better alternative would be to gently nudge him towards developing an interest in food saying things such as, ‘Why don’t you come grocery shopping with me tomorrow?’ or while at the table, ‘Have a little now, you can finish off later?’ And if he craves junk food, let him eat it, just try to control portion size.

### 3 'You Are A Bad Boy/Girl'

Saying something like this is simply reinforcing a negative self image. This will cause irreparable damage to your child’s self esteem, especially if you have a sensitive child. Also, avoid using superlatives like “so good” and “how lovely” for everything he does. Instead, focus on the action – ‘that was not a nice way to react’.

### 4 'Don't Be A Crybaby'

Crying is the most effective tool children possess and may be used to manipulate parents *sometimes*. Not always. Be aware, know that saying something like this may belittle the genuine concerns your child might have – a cut that hurts, an upset tummy or low grades at school. So instead of ‘Don’t be a cry-baby!’ try this, ‘I know you are upset, so can we talk about it?’ Children resort to crying due to multiple reasons so helping them vent in a sensible way is a good thing to do; also helps them to calm down and put their problems in perspective.



### 5

### 'If You Finish Your Homework, You Can Watch TV'

A barter system with your child is likely to backfire – he will probably sleepwalk through the homework haphazardly and wait for the hour to pass just so he can watch some TV. A better alternative would be to let him complete his homework and *then* say something like, ‘Would you like to watch some TV now?’ You may also take him to the park or play badminton with him – shifting between different activities is likely to keep his interest piqued.

**Doing a barter with your child makes him think that a parent can be manipulated easily**



## For 7-12 Year Olds

### 6 'I Wish You Were More Like Your Brother'

Parenting website

Pediatrics\*\* points out that sibling rivalry can cause mental *and* physical distress. No two siblings are alike and the children don't pick up similar traits from parents – it's simple genetics. Comparing your children can lead to loss of self-confidence. A better way is to be appreciative of each one's qualities. Saying something like, 'Why don't you help your brother with Maths and he can help you play the guitar?' will keep both happy. It will also help them strengthen their bond.



### 7 'I Am Ashamed Of You'

This one always ends up making the child feel he is a disgrace. Never ever say this even in zest. Try, 'I find it difficult to believe that you have done this, but now you will have to do something to correct it.' Make sure he knows that he has committed a mistake, but don't belittle him. The problem is the mistake, not him.

### 8 'You Are Good For Nothing'

Even if said in a fit of anger, this can be deeply damaging. Try and frame it this way: 'It's okay if you haven't done this right the first time around, why don't you try it again?' A child only learns from trying (unlike adults who have experience to back them up), so make sure to applaud his efforts and help him through his failures. If he fails multiple times, talk to him sensibly but gently. Suggest that it's never too late to start again and that you are there to support him.

### 9 'Why Do You Hang Out With That Boy?'

Let your child choose his own friends – childhood friendships are usually the most cherished ones and go a long way in cementing lifelong bonds. If you don't like your child's friends, give it some time. Also, make an effort to know them – they might turn out to be better than you imagined. If some child is genuinely a bad influence, talk to him about the child's actions without attacking him. Also create situations where he meets more children.

### 10 'Wait Till Your Father Gets Home'

A child needs to know that his parents are equals – even when it comes to keeping him in check. It's not right to have your child grow up resenting his father. Focus on being together with your partner in teaching him life skills. Perhaps you could say, 'What you have done is wrong; I will need to discuss this with your father.' Don't give the child an exit option.

# Parenting know-how

Research, news and story-telling for your child



## Smart = Good Snooze

The findings of a recent study conducted by researchers at the Warren Alpert Medical School, US reveal that children who report "sleepiness during the day" show relatively low cognitive development. (see blurb below) The study, conducted on 250 students in the age group of 5-8 years, has found that over time this leads to significant learning losses in children.

**Know This:** The study points out that on an average, **children are not sleeping as much as they used to or should**, and this is leading to long-term impairments - not surprising since this is a critical learning stage in life. Also, as sleep deprivation accumulates year-on-year, it negatively impacts cognitive abilities.

Cognitive development focuses on a child's growth in terms of information processing, perceptual skill, language and other aspects of brain development

### Help Your Child Sleep Better

- **Give a glass of warm milk:** What works better is giving it half hour before bedtime. Top it up with his favourite flavour.
- **Set a time-table:** Stick to his going to bed early routine - do not make exceptions.
- **Cut off all distractions:** Do this an hour before he sleeps - this includes no mobile phones, video games or TV.
- **Use the bed only for sleep:** And not for other activities such as studying, playing board games, eating and so on.
- **Help him doze off:** If he has a separate room and complains of being afraid of the dark, lie by his side for a bit till he dozes off and always keep the night lamp on.

Photograph (top): SHUTTERSTOCK/INDIAPICTURE

### Story Time

If in the Capital, treat your children to the old-world charm of Kabuliwala stories. The narrative is recited by theatre artist Kamal Pruthi and includes the famous folktales most of us recall from childhood. Kamal dresses up as the Kabuliwala and completes the look with a turban, old clothes and a jhola. The stories, narrated in Hindi, aim to educate children between 4-12 years of age about the culture and history of the country in an engaging, fun manner. You can follow up the session with a visit to the museum.

**Kabuliwala stories:** Saturday, March 21; **Where:** Oxford book store, N 81, Connaught Place, New Delhi; **Tickets:** ₹200 each (available at Oxford bookstore); **RSVP:** Nimisha: 9818853266; rsvp.oxforddel@apeejaygroup.com





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Dr Amit Sen is a child psychiatrist, who together with his wife, Dr Shelja Sen a child psychologist, runs a clinic - Children First - in Delhi.



# Ask Dr Sen

## Cut Out School Anxiety

Your child's first session at school is something to look forward to, but the add-on anxiety can be a killjoy. Here's some good advice

School admissions are nothing short of petrifying. Once these are done, you just have a small window to relax before the next anxiety – preparing your child to go to school – takes over. For some children it is more traumatic than others to leave home and go to this “unknown” place. Your own apprehensions may be giving you sleepless nights too: ‘Will he be able to ask for water when thirsty?’,

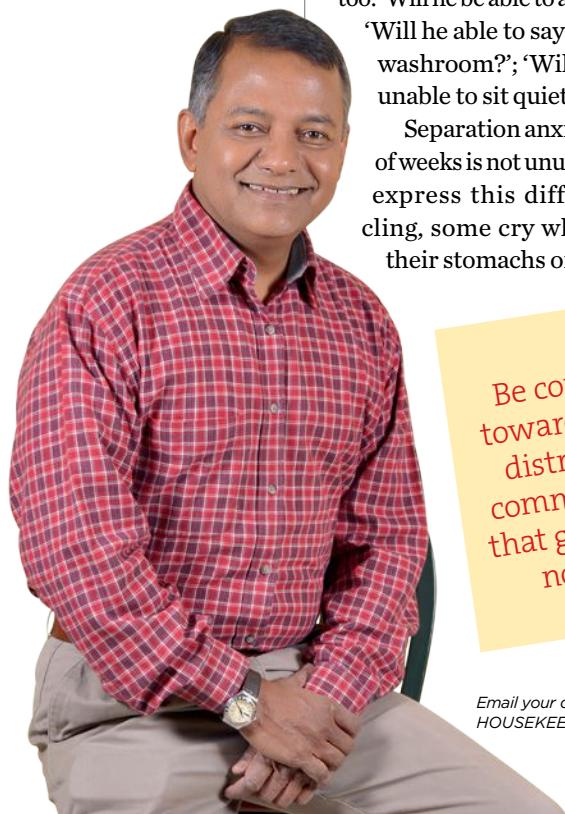
‘Will he be able to say when he needs to use the washroom?’; ‘Will they understand if he is unable to sit quietly at one place?’

Separation anxiety during the first couple of weeks is not unusual – children and parents express this differently. Some children cling, some cry while others might clutch their stomachs or start throwing up – such

behaviour should not be treated as abnormal or manipulative. Here are some suggestions to ease the situation...

- Going to school should not be a rushed affair – ensure you have enough buffer time to sit and chat with your child every morning before he leaves home.
- If you are dropping your child to school, make it a journey that your child looks forward to – carry along some toys or play nursery rhymes.
- Don't hang around at the school gate – give your child a warm hug and let him go, and take a U-turn yourself. Even if you are anxious, don't let it reflect on your face – the child is bound to pick cues from you; give him a “you will be fine” message, and he will feel more confident.
- If your child's anxiety is not lessening with time, suggest that he be given a seat close to the teacher or a close friend in the classroom.
- Invite his classmates home every once in a while for a small get-together – the sooner he makes friends, the better it will be.
- Make a “star” chart at home for all the days he goes to school without tantrums.
- Make sure you spend enough time with your little one at home so that he does not feel that he is missing out on your attention while at school.

Be compassionate towards your child's distress – but also communicate gently that going to school is non-negotiable



Email your questions for Dr Amit and Dr Shelja Sen to [ghindia@intoday.com](mailto:ghindia@intoday.com), or post them to c/o GOOD HOUSEKEEPING, 3rd Floor, FC-8, Sector 16A, Film City, Gautam Budh Nagar, Noida, UP, 201301.

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Spotlight

# Adopting A New Mindset

It's no more a taboo and neither is it the last resort – increasingly more young couples are opting to adopt and are happy with their decision... **Sonali Ghosh Sen** examines this changing social narrative

**When Lalita's (name changed) adoptive parents came to Palna** – a home for abandoned children in Delhi – to take Lalita to her new home, what surprised Lorraine Campos, assistant director (adoption), was that they didn't come alone – the entire family including

the grandparents had turned up to meet the newest member of the clan. 'This wouldn't have happened 10 or even 15 years ago,' observed a pleasantly surprised Lorraine.

"We are expecting a baby" has been the joyous cry and not "we are

adopting". Earlier, in most cases, the journey of adoption was often undertaken by parents (at times in secrecy) as the last resort to not being able to have a biological child, and sometimes in the face of some fierce family opposition.



### The Biggest Fear

Traditionally, what has bothered most couples the most about an adopted child is the idea of an “unknown lineage”. So the apprehensions about the child’s negative behaviour perceived to be coming from “bad blood” often loomed large. ‘This stigma with adopted children is slowly becoming a thing of the past. With education and awareness, such preconceived notions are being done away with,’ says Radhika Ramnath, a volunteer at Palna.

A major part of pre-adoption counselling is about educating the parents on the role of heredity and environment. *A Family For Every Child-Perspectives Of Adoption In India*, a book published by Catalysts for Social Action (CSA) explains

“... heredity provides the ‘potential’ and it is the environment that helps maximise the potential. If a nurturing and stimulating environment is provided along with maximum opportunities, then the child will progress really well.”

Adoptive parent and author Mridula Koshy who has penned two books on adoption, says, ‘If your child turns out to be a naturally talented dancer, or musician, or a gifted mathematician that is also his genes at work.’

People who decide to give their children out for adoption could be from any strata of the society – the mother could be pregnant with the child out of wedlock; the parents could be too poor to raise the child on their own or maybe the couple is just not ready to embrace

*Adoption is no longer a taboo – parents are opening up to it*

parenthood – so reasons to give up the child do not tie up with genetic issues.



### Changing Outlook

Indian society traditionally accounts a high premium to biological productivity and that puts extra pressure on those unable to conceive. Earlier, this meant, that those thinking of adoption would put off the decision for years, sometimes even a decade till they have exhausted every medical procedure possible. But Lorraine Campos confirms that the demographic of adoptive parents and their mindset is changing. ‘Younger couples are coming forward, even those who have been married for

2-3 years and haven’t been able to bear a child. For them, adoption isn’t the last resort. They are comfortable with the idea.’

A plausible reason for this could be the rise in the number of nuclear families – helping cut familial pressure to a great extent. Even single parent families and divorces are no longer an aberration, making it simpler for couples to take parenthood-related decisions alone – away from the cynicism.



### “Following Suit”

Parents who want to adopt face other hurdles too – scarcity of information, societal notions, lack of support groups and the lengthy legal process involved are deterrents.

Vinita Bhargava highlights this dilemma of adoptive parents beautifully

**Indian society accounts a high premium to biological productivity and that puts extra pressure on those unable to conceive**

### What Adoptive Parents Must Know

The adoption circle includes the child, his/her adoptive parents and the birth parents. Underlying this relationship is the pain of a child’s separation from his/her birth family, which cannot be wished away – as a result, issues relating to the question of identity are bound to surface periodically – and the adoptive parents should brace up for the inevitable, such as: Should the truth about adoption be disclosed to the child? To help make the decision simpler, counsellors recommend that the parents share this fact with the child sooner rather than later. The reason being that the child could discover the facts accidentally, from an outsider and find the news hard to deal with.

Moreover, relationships flourish when there is a free flow of ideas and the foundation rests on truth rather than hidden secrets.

**Another pertinent question is how adoptive parents respond to the child’s need to know or even search for his/her birth parents?**

The child will need the adoptive parents’ continuing support to help him understand the truths about the birth family or why he was given for adoption. Adoptive parents should be ready to discuss the history in a respectful and gentle way by highlighting the positives in the past, and resist from blaming or maligning the birth parents. Adopted children can have access to legal documents about their biological parents when they turn 18. Writes Dr Jagannath Pati, deputy director, CARA, ‘The adopted child has the basic rights and needs to search for his /her origin and identity.’

in her book *Adoption in India – Policies and Experiences*. Every parent knows there has never been any shortage of opinions about how babies ought to be brought up in the present socio-cultural context, however, when one becomes a mother through adoption, self-consciousness prevents the easy exchange of parenting ideas, and the paucity of counselling expertise rooted in Indian paradigms of family life leaves many parents very lonely in the task of bringing up an adopted child.”

This is how the situation changed in Baroda-based homemaker Sangeeta Sinha’s neighbourhood... When Sangeeta adopted her daughter, Megha, almost 10 years back, there were no adoptive families in the vicinity to exchange notes. But recently, lead by her example and motivated by the advice she so readily gave out, two couples decided to follow suit. Since then, the three families with adopted children have been functioning as an informal support group for each other.

When Lucknow-based couple Sujeet and Nandita Sen decided to adopt, they wondered how they were going to convince Sujeet’s mother who didn’t back their decision. The couple pursued their cause and countered her orthodox mindset with many happy instances of friends in their social circle who had adopted. Finally, they had a breakthrough – today, the couple’s son is the apple of his grandmother’s eye.



### Tipping The Scales

The trend that speaks volumes in favour of a positive attitudinal shift:

Parents who are adopting a child even if they have a biological child. A case in point is the Delhi-based couple Namita and Kartik. Namita always wanted to adopt (even before she married). So when their son, Varun turned four,



**Says actress and single mother Sushmita Sen in the book *A Family For Every Child - Perspectives On Adoption In India*: ‘It’s important that the decision of adoption by any parent stems purely out of a desire to be a parent and involves no trace of charity’**

the couple decided to adopt Krittika. ‘Krittika completes our family. She and Varun fight and bond like any other siblings,’ says Namita.



### The Legal Angle

The Supreme Court judgment of 1984 led to the establishment of the Central Adoption Resource Agency (CARA) which functions as the nodal body for the adoption of Indian children. It monitors and regulates in-country and inter-country adoptions and lays down norms and guidelines

that help streamline the process. Says Delhi-based housewife Sonal Sukhija: ‘When I was looking at an inter-state adoption process, I went through many avenues before my friend who had adopted a child earlier, told me that CARA already had the necessary guidelines in place.’ Parents are also beginning to understand and recognise the need to go through child welfare agencies – it ensures legal security for the adopted child and the parents. Says Jagdish Kishore, a Supreme Court advocate: ‘Thirty-five years ago, almost 80 percent of abandoned children



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were adopted by families abroad, and Indian families would want to adopt a son.' Today, it's heartening to see the situation has reversed with more Indian families wanting to adopt girls. There has also been another significant development in the adoption scene. 'The Juvenile Justice act of 2000 which was amended in 2006, has ensured

that irrespective of your religious background you can adopt a child,' says Jagdish Kishore. Earlier, only Hindu families were able to legally adopt children under the Hindu Adoption and Maintenance act, 1956 (HAMA), while Muslim or Christian parents could be only "legal guardians" of an adopted child.

## Busting Adoption Myths

**1**

**Will I be able to love the child like my own?**

This is a question prospective adoptive parents tussle with, as they do with the question, 'Am I ready to be a parent?' and in most cases, the answer to this question is a resounding "yes". Many psychologists believe emotional and psychological attachment begins once the baby is in physical contact with its mother. Ann Bigelow, a professor and researcher of developmental psychology, Nova Scotia, emphasises that skin-to-skin contact between the baby and the parent can be a boon to both, and consistent emotional engagement with infants can speed their development and recognition of self. 'This can greatly help children from orphanages, who might have missed out on a lot of the personalised physical and emotional engagement during their infancy,' she says. This is the love and security that an adoptive parent can give as much as a biological one.

Hear it from the horse's mouth: All the adoptive parents spoken to (for this article) confirmed that this thought was completely insignificant once they got involved in the upbringing – even the thought that the child was not actually born to them was forgotten.

**2**

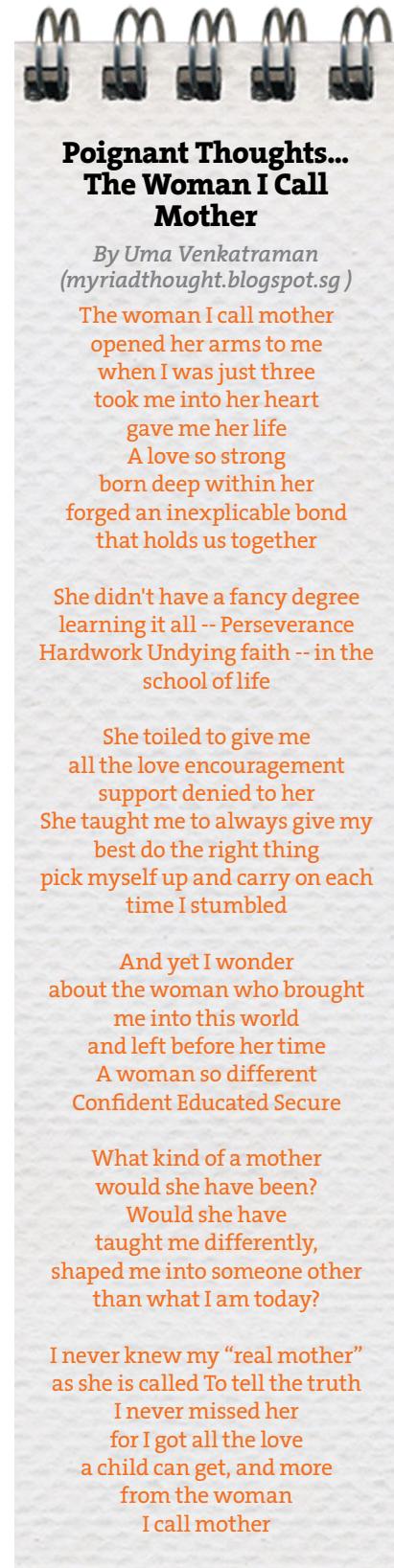
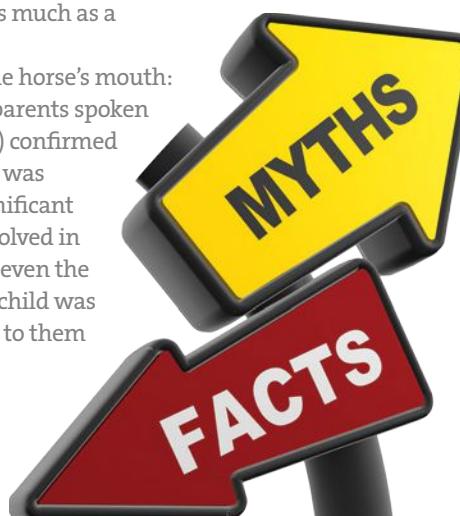
**The child might have birth defects or disabilities...**

Not knowing the baby's biological parents may trigger doubts regarding the child's physical and mental health. This concern can be addressed by the adoption agencies – they even offer the potential parents the option of a medical report that could be cleared by a doctor, before taking a final call. Another point to consider is that genetic or birth defects are not just restricted to adoption. They are equally likely in biological children as well. All said, some children might suffer from low immunity after spending months in an institution.

**3**

**Will there be adjustment issues?**

Yes, there will be, just like when a child is born into a house. Any major change in life needs adjustment and parenthood is no different – be it through adoption or natural process. And when an adopted child comes into your family, you will also have to take care of additional issues such as adaptability too.



### Poignant Thoughts... The Woman I Call Mother

By Uma Venkatraman  
(myriadthought.blogspot.sg)

The woman I call mother  
opened her arms to me  
when I was just three  
took me into her heart  
gave me her life  
A love so strong  
born deep within her  
forged an inexplicable bond  
that holds us together

She didn't have a fancy degree  
learning it all -- Perseverance  
Hardwork Undying faith -- in the  
school of life

She toiled to give me  
all the love encouragement  
support denied to her  
She taught me to always give my  
best do the right thing  
pick myself up and carry on each  
time I stumbled

And yet I wonder  
about the woman who brought  
me into this world  
and left before her time  
A woman so different  
Confident Educated Secure

What kind of a mother  
would she have been?  
Would she have  
taught me differently,  
shaped me into someone other  
than what I am today?

I never knew my "real mother"  
as she is called To tell the truth  
I never missed her  
for I got all the love  
a child can get, and more  
from the woman  
I call mother



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# *Get close this summer*

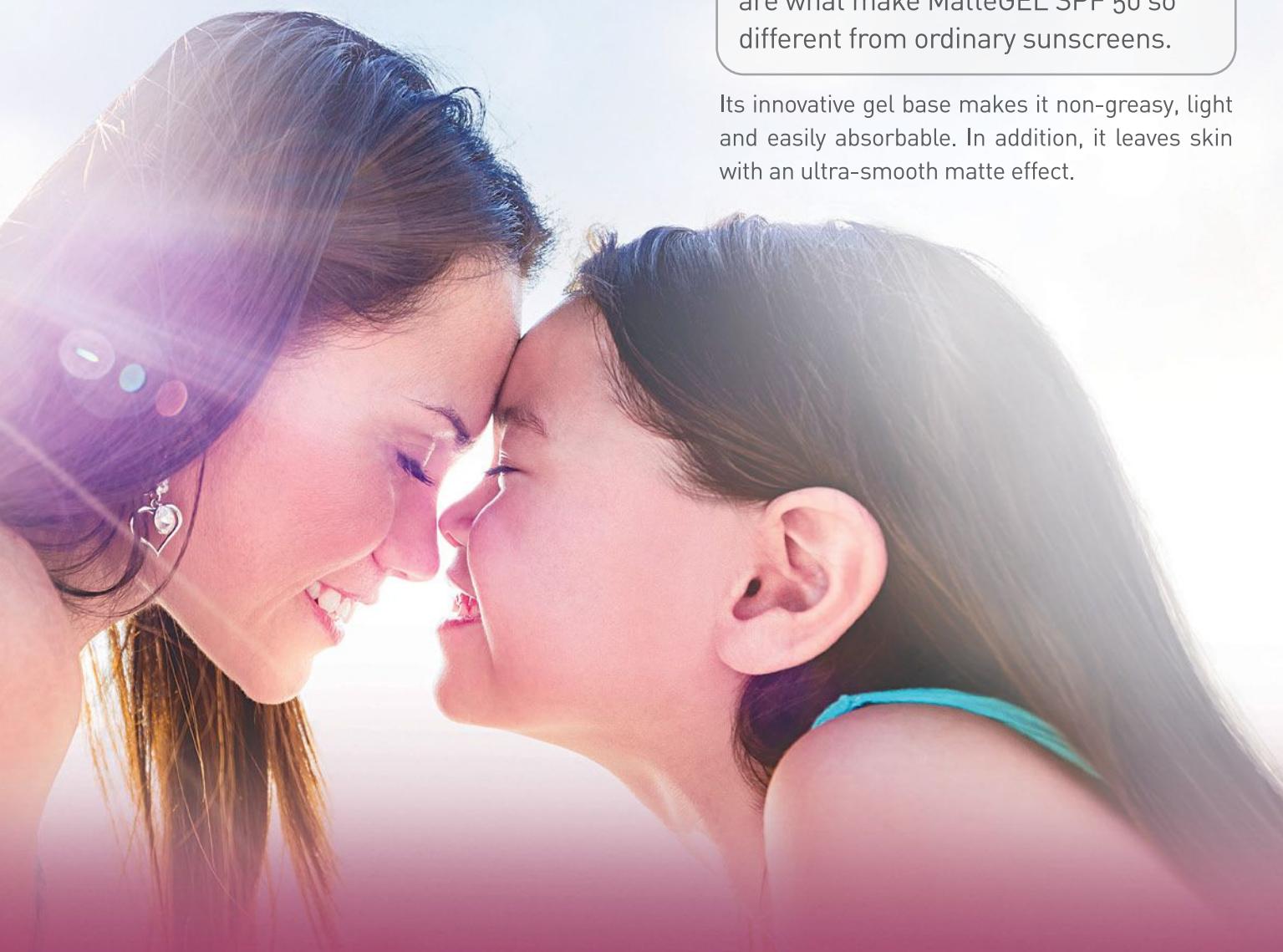
**WITH INDIA'S 1<sup>ST</sup> NON-OILY MATTEGEL SUNSCREEN.**

No more oily, shiny skin! No more acne breakouts. No more worrying about getting close to my loved ones. Until recently, I had two choices. Risk sun damage to my skin or use an ordinary sunscreen that causes oily, shiny skin and acne breakouts. But now I have a better option.

I have discovered the most innovative sun protection formulation for oily and combination skin - **Lotus Safe Sun UV Screen MatteGEL SPF 50 | PA+++**. **India's first MatteGEL based sunscreen.**

An innovative gel base and a matte look are what make MatteGEL SPF 50 so different from ordinary sunscreens.

Its innovative gel base makes it non-greasy, light and easily absorbable. In addition, it leaves skin with an ultra-smooth matte effect.



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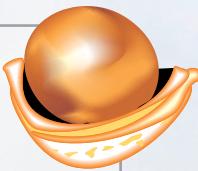
# LOTUS HERBALS SAFE SUN



**MatteGEL provides complete protection against the harmful UVA and UVB rays of the sun.**

UV radiations are known to cause pre-mature ageing and even skin cancer.

**It is ideally suited for oily to combination skin types,** providing the best protection against tanning, while also giving a skin lightening effect. The ingredients that lie at the heart of this first of its kind sun protection formulation are – **Horse Chestnut, Comfrey and Vanilla.**



I make it a point to never step out in the sun without applying MatteGEL. It gives me the best sun protection and the perfect matte look at the same time. But most importantly, it gives me the confidence to get close this summer!

**Get close this summer with Lotus UV Screen MatteGEL SPF 50.**

- A Lotus MatteGEL User

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# Be Your Best *Post Baby*

It's common for women to develop skin and hair issues after childbirth. *GH* gets you expert-backed tips to help you become a glowing mom

*Continued overleaf*



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Most healthy women have radiant skin and lustrous hair during pregnancy. However, post-delivery, hormonal withdrawal may result in skin conditions such as pigmentation, acne breakout, under-eye dark circles, dullness and hair loss. Add to these, post-delivery mood swings and you are headed for depression and low self-esteem. Here is how to fix it\*

**1** Stay hydrated – drink enough water daily and include lots of salads and fruits in your diet.

**2** Avoid foods that are rich in fat and sugar content.

**3** Eat dark green and leafy vegetables such as broccoli, methi and spinach – vitamins and minerals are essential for healthy looking skin.

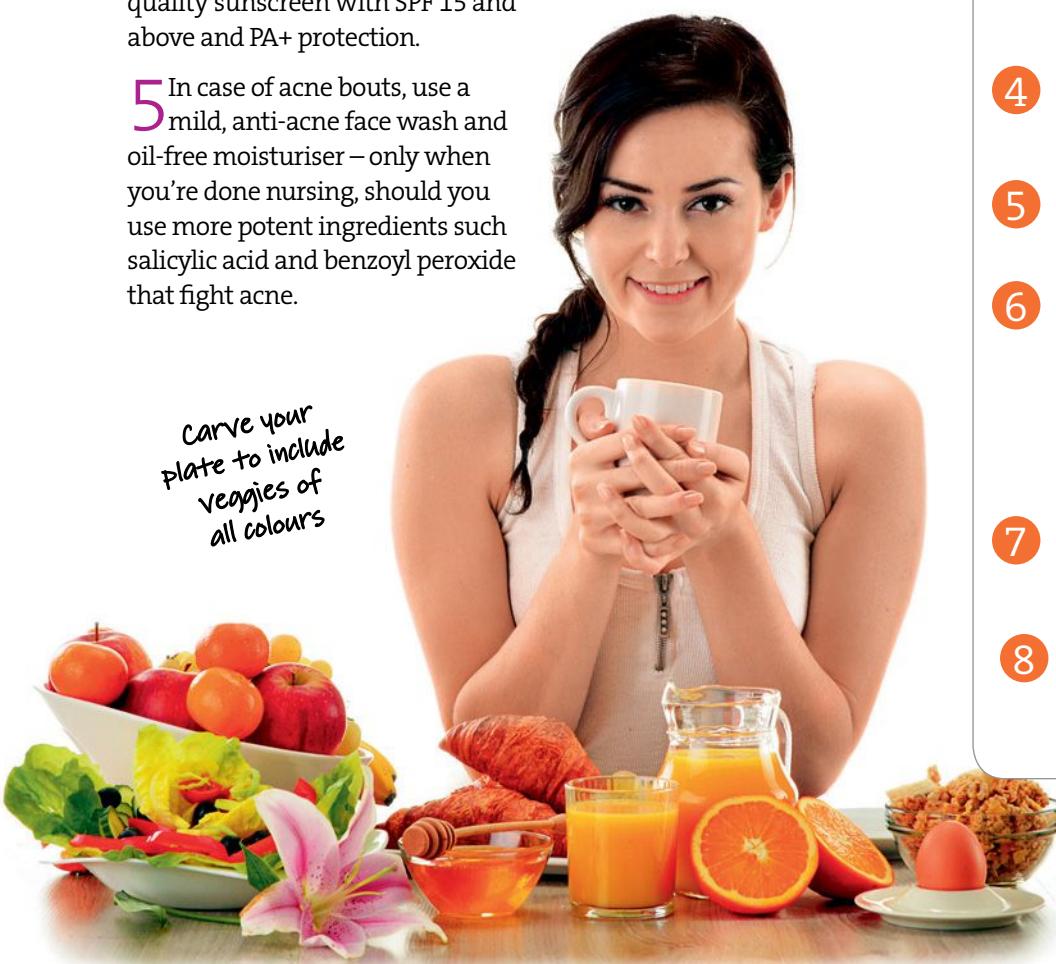
**4** Stay out of direct sunlight. When stepping out, apply a quality sunscreen with SPF 15 and above and PA+ protection.

**5** In case of acne bouts, use a mild, anti-acne face wash and oil-free moisturiser – only when you're done nursing, should you use more potent ingredients such as salicylic acid and benzoyl peroxide that fight acne.

**6** Use cold water to wash your face at least twice a day to refresh your skin.

**7** Apply a homemade fruit or curd-based mask at least once a day – it will help rejuvenate the skin over a period of time.

**8** Visit a dermatologist/skin clinic if your skin issues don't get settled even after six months post-baby.



## MANE FRAME

Female hormones activated during pregnancy promote hair growth. This dips post-pregnancy and it takes about 4 to 6 months for the hormones to stabilise. Other factors responsible for hair fall may be excessive blood loss during delivery leading to iron deficiency, low calcium and vitamin D levels, poor nutrition, stress and lack of sleep.

## What to do:

- 1** Monitor your nutrition levels during pregnancy – consult a nutritionist to get on to a diet that's high in protein and iron.
- 2** Avoid crash-dieting post delivery. Rapid weight loss leads to more hair loss.
- 3** Increase fluid intake – water, fresh vegetable juice, coconut water and lemon water are good options.
- 4** Haldi (turmeric) helps promote hair growth. Mix a spoonful in a glass of warm milk and have it just before you sleep.
- 5** Avoid chemical treatments such as rebonding and streaking – it will damage your hair even more.
- 6** Avoid oiling your hair often – too much massaging may end up causing more breakage. When oiling your hair, use warm olive/almond/coconut oil and gently massage the scalp. Leave it on for half hour then wash off. Use a mild shampoo and conditioner.
- 7** Stress and lack of sleep also lead to hair loss. Try and take power naps through the day if/when possible.
- 8** Keep a check on your haemoglobin level, and also vitamin D3 – take a blood test at least once in three months.

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# Beauty In A Pack

Complement your everyday beauty routine with a homemade face pack. Here are some easy-do, “from your kitchen” suggestions for different skin types – that will take under 20 minutes. Enjoy the glow long afterwards\*

**Normal Skin** Cut two cucumbers into cubes. Add half a cup of oats and blend in a mixer till it becomes a coarse paste (lasts for up to a week in the refrigerator). Take 1tbsp of this paste, add 1tsp malai and mix well. Apply it on your face and leave it on for 10 minutes. Rinse off with cold water.

**Dry Skin** Mix together 2tbsp milk powder, 2tsp honey and a few drops of water to make a smooth paste. If your skin is excessively dry, substitute water with a few drops of essential oil (rose or almond). Apply on your face and wash off after 15 minutes.

**Oily Skin** Make a paste of 2tbsp multani mitti (fuller's earth), 1tsp of rosewater and a few drops of lime juice. Apply it on your face and wash off after 10 minutes. Alternatively, you can make a paste of multani mitti and a mashed overripe orange – works equally well.

**Combination Skin** Take half a cup of curd and an egg white and beat together till well combined. Apply it on your face and wash off after 15 minutes. Combination skin also responds well to mashed pulp of overripe fruits such as banana, strawberry, kiwi and papaya. Mash the fruit properly, add a few drops of honey and lime juice, mix well and apply it on your face. Wash off after 10 to 12 minutes.

**Sensitive Skin** Check with your dermatologist first – if you get a go-ahead to apply a homemade face pack, then try this: Grind together 2tbsp of oats and 2tsp almond to make a fine powder. Add half a cucumber to the grinder and blend together. Leave the paste to cool in the refrigerator for 15 minutes then apply it evenly on your face. Wash off after 10 minutes.

## 5-STEP PACK GUIDE

1. Before applying a pack, cleanse your face and pat dry.
2. Apply the mask on your face evenly.
3. Put cotton pads dipped in rosewater on your eyes.
4. After leaving the pack on for the recommended time, wash off with cold water and pat dry.
4. Follow up with a moisturiser.

\*Inputs from "No One Has To Know - Smart Anti-ageing For Indian Skin" authored by Dr Jamuna Pai.

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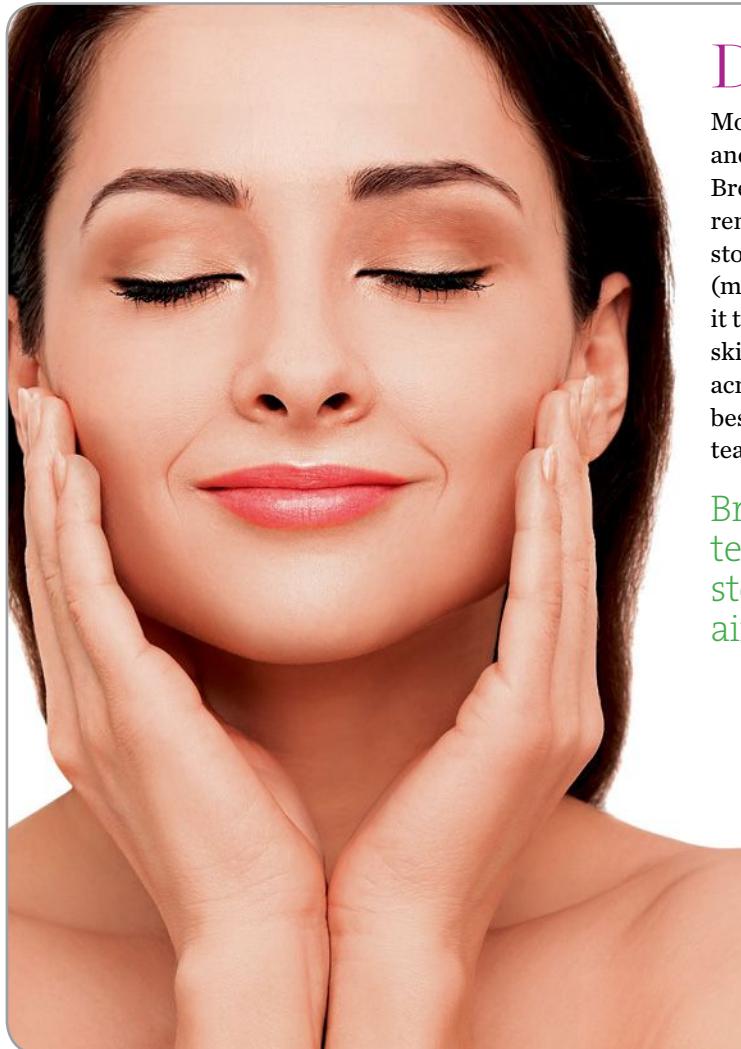
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## Easy & Effective Fixes

Here's something unusual to try – the results will surely bring in the compliments

### Green Tea: Beyond The Cup

If you still haven't taken to this health cuppa, this may change your mind – it can work wonders for your skin and hair – and it's not just about drinking it... **Mohini Mehrotra** gets you expert-backed tips on how to include green tea in your beauty regime



#### Do Away With Spots

Most of us suffer from acne at some point in life and the marks refuse to fade. Here's what to do: Brew a couple of green tea bags in hot water, remove the bags and once the water is cool, store it in a container. After washing your face (morning and night), splash this water and allow it to dry naturally. Follow through with your skincare regime. Do this regularly to lighten acne marks and prevent fresh breakouts. For best results, follow up with a homemade green tea moisturiser.

Brew a fresh batch of green tea water every two days and store it in the refrigerator in an air-tight container.

#### Green Tea Moisturiser

Take 25ml of each – coconut oil, almond oil and any essential oil (we recommend lavender or rose), plus  $\frac{1}{2}$  cup wet green tea leaves. In a blender, crush together the oils and the leaves till you get a creamy paste. Use this as a moisturiser – hydrates and fixes skin ailments. Keeps good for up to two weeks.

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# Tame Your Mane Now

Stress and exposure to pollution and harsh chemicals makes hair brittle, dull and frizzy. Here's what to do: Brew a few green tea bags in a litre of water and let it cool. After you shampoo and condition, do a last rinse with this water – don't wash it out. A great stimulant for hair follicles, it will promote growth and nourish the hair. For added benefit, try a homemade green tea hair mask.

## Green Tea Hair Mask

Beat together an egg, green tea leaves and curd. Apply this mask on your hair, from root to tip. Keep it on for half an hour and wash off with warm water. Doing this regularly will give you a shinier and healthier mane.

-Inputs from Karpagam,  
Beauty Trainer, Naturals Hair & Beauty Salon\*



## Be Fresh-eyed

Tired, puffy eyes and face? Here's what to do: Once you are done with brewing your green tea, don't garbage the bags – instead, refrigerate them. Once a day, put cold tea bags on your lids and face and leave them on for 15 minutes. The antioxidants in green tea leaves helps brighten up the eyes and revive the skin.

\*Check **Resource Details** for address

\*\*Check **Resource Details** for where to buy this product.



## Lakmé Lip Love (Cherry), ₹200

'It moisturises lips gently and comes with a slight tint. I like it for its long-lasting effect and the soft fragrance.' The lip balms are available in four variants – cherry, strawberry, peach and vanilla – all with SPF 15.

Editor, Manjira Dutta



## Scholl Velvet Smooth Express Pedi, ₹2,850\*\*

This one-of-its-kind product removes dead skin from the feet and shows results in just one use – without the hassle of soaking your feet in soapy water. It is also easy to carry – you can use the product anywhere and anytime. Here's what to do: Gently rotate the roller file over dry feet and see the dead skin disappear. This device comes with four AA batteries and one roller head. The roller head is removable and can be replaced once worn out.

Beauty editor, Mohini Mehrotra



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goodlooks

# Floral Display

Brighten up your Western wear collection this season with pretty florals. GH gets you the latest patterns in stores to help you make the right choice. Get inspired!



Chiffon dress,  
Limeroad.com\*, ₹750



Formal dress with  
back zipper, French  
Connection\*,  
₹7,999



Team with leggings  
to convert this  
dress into a kurta



Cotton kaftan  
dress, Anuradha  
Ramam\*, ₹4,500

Classic-style  
polyester  
blouse, Koovs.  
com\*, ₹1,800



Denim shirt-dress,  
Being Human\*, ₹1,999

Henry Holland  
Slouch dress, Koovs.  
com\*, ₹2,695

Balance out bold  
prints with accessories in  
solid colours to create a  
complete ensemble



Flower  
Trends shirt,  
Wrap Studio,  
₹4,500\*

\*Check Resource Details  
for contact information.



Emporia Green Top,  
AmericanSwan.  
com\*, ₹699



Henry Holland T-shirt,  
Koovs.com\*, ₹1,695



Lanna Orange top,  
AmericanSwan.  
com\*, ₹699



Boho  
cotton  
maxi dress,  
Anuradha  
Ramam\*,  
₹3,200

If you have a fuller figure, avoid  
big floral prints – opt for delicate  
designs in light materials



Swing dress,  
Koovs.com\*,  
₹1,800



Floral Indigo  
Frock,  
KharaKapas  
by Shilpi\*,  
₹2,500

An Indo-Western  
style such as this  
is a must-have in  
your wardrobe



Button-down  
shirt, Rena  
Love\*,  
₹3,400



Digital printed  
crepe shirt,  
Wrap Studio\*,  
₹4,500



Half-denim,  
half-cotton  
shirt, Being  
Human\*, ₹1,699

goodlooks



Catwalker pants, American Swan.com\*, ₹1,599



Digital printed pants,  
Wrap Studio\*, ₹3,500



Georgette palazzo, Anuradha Ramam\*, ₹5,800



Youshine monochrome  
printed leggings, Koovs.  
com\*, ₹1,299

Lipsy floral  
edge pencil  
skirt, Koovs.  
com\*, ₹3,000



Create an ensemble:  
Team with a  
long or short  
kurti in red



Oliv floral printed mid-length skirt,  
Koovs.com\*, ₹1,500



Sass Up Crochet Skirt,  
Faballey.com, ₹1,450

Henry skirt with red ribbon  
detailing, AmericanSwan.  
com\*, ₹899



If you have a narrow waist, emphasise it with a clinched style (see skirts on the left and right) with a tucked-in top



Short skirt, Trendy Divva\*, ₹1,595



Printed palazzo,  
Wrap Studio\*, ₹3,500



Ombré effect  
pants, Being Human\*, ₹1,199



Teal colour mid-length cotton  
skirt, Limeroad.com\*, ₹2,099

Palazzos are free-flowing and comfortable – great for the summer months. Pick one in cotton or georgette – both look good

Oliv mid-length skirt,  
Koovs.com\*, ₹1,600



Digital printed knee-length  
skirt, Limeroad.com\*, ₹1,395



A great  
length for  
office and  
formal wear



Henry Holland  
jeggings, Koovs.  
com\*, ₹1,695



Full-length stretch skirt,  
Faballey.com\*, ₹1,300



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**POUT PERFECT:** The Lotus Herbals' Ecostay Lip Gloss has long-lasting, lustrous effect. ₹425

# Our Choice For You

GH selects beauty products to make you look and feel great this season...



## Spray-worthy

Essenza Di Wills' Ignite is an exotic fragrance with top notes of blackcurrant and mandarin, middle notes of jasmine and violet and base notes of patchouli and moss. ₹3,950

**STAY ON:**  
The L'Oréal Paris Excellence Crème promises to protect and strengthen hair while giving rich colour. ₹299



## REJUVENATING:

Refresh and soothe your skin with Oriflame's Love Nature Cleansing Gel Aloe Vera. ₹299



**PERK UP:** For a youthful and radiant skin, try Kaya Skin Clinic's Derma Stemness Reviving Serum. ₹2,490



**SO SOFT:** Get rid of dryness with Beautiful Skin Essential Oil by Blossom Kochhar. ₹350



#### DEEP IMPACT:

Indulge yourself with  
Mark's & Spencers  
Radale Hall Relax  
Intense Overnight  
Hand Cream. ₹799



#### PRETTY INTENSE:

Bodyography's  
Electric Lip Slide  
is a lipstick, gloss  
and stain - all in  
one - infused with  
natural butters and  
vitamin E. ₹1,275



**MANE GAME:** The Rusk Deepshine Oil Protective Treatment eliminates frizz and improves hair elasticity, leaving your tresses soft, silky and manageable. ₹1,475



**DOLL UP:** Look your best  
this party season with Vivid  
Hues Of The Sky  
Make Up Kit by Faces  
Canada. ₹499



**Lasts Long**  
Nivea's Oil-In-Lotion Cocoa Nourish is enriched with coconut oil and cocoa butter that deeply moisturises the skin and prevents dullness. ₹120



**BRIGHT ONE:** Dare  
to go bold! Try  
M.A.C Cosmetics'  
Viva Glam Miley  
Cyrus Lipstick.  
₹1,450

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# goodhealth

DENTAL CARE AND KNOW-HOW ON JOINT-RELATED CONDITIONS

# The Route To Happiness

*GH*health anchor **Rene Verma** brings you feel-good tips and tricks to help you get more cheer out of life. Plus, two extraordinary women share their learnings on how to stay happy



Photographs: SHUTTERSTOCK/INDIAPICTURE



## The Triangle Of Happiness

Sun, sleep and solitude. It's no coincidence that the most idyllic photos of women practicing yoga are clicked on a sunny platform – no one can deny the sun's many restorative properties. A good sun bath is linked to faster recovery from illness, increased energy levels and reduced risk of breast cancer. It also increases oxygen supply to the blood and in a way offers similar benefit as exercise does (no, we didn't say substitute). The second coordinate of this "triangle of happiness" is sleep – the well-known but oft ignored. Count on a good night's sleep to make all problems appear less daunting. And yes – solitude; make sure you make some time for yourself. Sit in silence for at least 15 minutes every day or indulge in activities that calm you – read, knit, paint, go for a run, listen to music or just write a diary.



## Consciously Shut Out Negative People

If your mother-in-law is straight out of an Ekta Kapoor soap opera or your boss the top contender for the *Horrible Bosses* movie series – no amount of fretting is going to change the situation. The best way is to walk away – from the room or conversation. Hear what the psychologists say: Most people who are seemingly "mean" are that way because of low self-esteem and a lack of self-worth – so they try to reassure themselves that they are better than you by putting you down. So

when they yell at you or make a subtle-as-a-brick sarcastic remark, remember it's not you they are scorning – the problem is their own selves.



## Enjoy Technology – But With Caution

It's not just your husband who thinks of his smartphone as an equal partner in marriage. A recent research by Ericsson India suggests that an average Indian smartphone user spends almost three hours on the phone every day! You know it's becoming a disease when your child refuses to look up from the cell phone at a social do or you yourself are on whatsapp till late hours in the night even though you have an early morning. Or your better half refuses to go on a holiday without his/her laptop in tow. This kind of tech invasion saps the joy – keep it within limits.



## Love It, Hate It – But Exercise You Must

Putting off the gym session or avoiding your yoga teacher won't get you too far. Says Delhi-based fitness expert, Neeraj Mehta: 'Exercise is a no-brainer when it comes to mental well being. Indulging in a workout releases feel-good hormones called endorphins and when these enter your brain, they trigger positivity. Researchers have found that a bout of exercise might be better than a cup of coffee in improving focus and cognitive performance.'

If you're someone who frets the small stuff, count on yoga because

## Short Cut Join The Laughter Club

Stop getting miffed with the merry bunch laughing in the nearby park for waking you up every morning – instead, join the group. There's real science behind it. Since the body can't tell fake laughter from the real, it gets fooled into releasing happy hormones that keep you upbeat through the day.



## Happy Foods To Your Rescue

When you're having a bad day or battling a mood swing, try these high nutrition foods and feel the difference.

**Essential fatty acids:** They boost the immune system and play an important role in maintaining optimum brain health. So include avocado, olive oil, salmon, tuna, walnuts and/or flaxseeds in your everyday diet.

**Calcium and magnesium:** Linked with positive moods, calcium can keep PMS at bay while magnesium helps produce serotonin – the lack of which causes fatigue, irritable behaviour and confusion. So increase the quantities of calcium and magnesium-rich foods such as broccoli, almonds, dairy products, green veggies, peanuts, whole grains, soya bean and salmon.

**Vitamin B6 and B12:** The former helps boost brain function by aiding the production of neurotransmitters (brain chemicals that communicate information through the brain and body) while the latter helps improve energy levels and tackle mood swings. So include ample amounts of potatoes, bananas, tuna, beans, spinach, eggs and yoghurt in your weekly diet.

**Iron:** Low haemoglobin levels translates into feeling dull and moody. Make up for the deficiency by consuming more of soya bean, lentils, sesame seeds, pumpkin seeds, raisins and spinach – especially when menstruating.

**-Inputs by Mumbai-based nutritionist Karishma Chawla from Eatright 24\*7 clinic**

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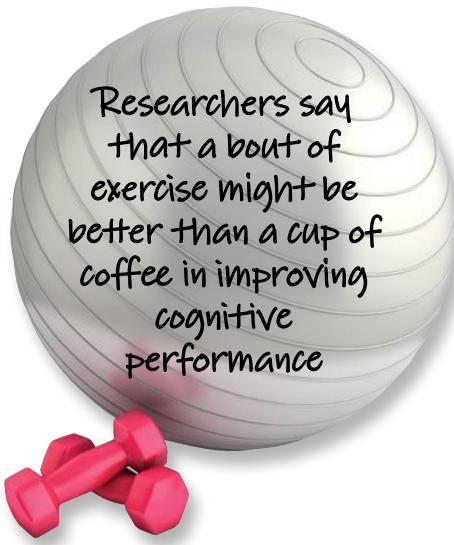
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## goodhealth

of its ability to cut stress like no other workout regime. 'When you practice yoga postures, deep breathing helps fill the lungs with a fresh gust of oxygen. This has a very potent impact on the nervous system. Yoga also relieves muscle stiffness and stress. Since they both have a two-way relationship, one leads to the other. Here's where yoga comes in to enhance physical and psychological health,' says Neeraj.



## FINDING SWEET LOVE (And Happiness)

This is how Linda Leaming, an author residing in Bhutan and married to a Bhutanese artist, extracts joy from everyday living...in her own words

I visited Bhutan for the first time in 1994 and three years later I moved to this little Himalayan kingdom. Like any typical American would have had to, I had to adjust to a new way of life – **how to slow down and laugh being topmost on my agenda**. Add to that, the airline lost my bags – which in retrospect actually had me starting from scratch; it was a sort of trial by fire. I can now say that living among the Bhutanese has taught me to look at life differently; it has taught me to be happier. Here are my learnings

**Slow Down:** In the US, I used to have at least three things to do between breakfast and lunch – it was all way too much for any happiness to sneak in. In Bhutan, I have limited myself to three things in a week and I avoid doing things with people who stress me out.

**Be Creative With Your Hands:** Using my hands – sewing, knitting, weaving and carpentry – has calmed me;



Linda has written two books – "A Field Guide To Happiness" and "Married To Bhutan".

'Happiness has become a habit – a sum of little things done well'

it is somehow deeply satisfying too. It's purposeful, productive and it connects you with history and the universe. If you can get over that intense need to pull out your smartphone, and reach out for that ball of yarn instead, you will be doing yourself a big favour.

**Be Kind:** If we go around unable or

unwilling to put ourselves in other people's shoes, and lack the empathy to show respect and give people their share of dignity, we are lost. Everybody matters. Act like it.

**Express Gratitude:** There's something so comforting about sitting in the grass, looking at the sky, walking among the trees and listening to the birds. It restores your soul and you feel grateful for being alive, regardless of what is not going right in your life.

**Love Yourself:** You can't sustain happiness if you don't love and feel compassion for yourself – start with your own self and compassion towards others will follow naturally.

**Don't Fear Failure:** The Bhutanese are good at this. They hope for the best but prepare for the worst. They have a saying when things go awry – "what to do, la?" It's a nod to the randomness of things and I find it charming.

**Look For Magic:** Magic happens all around us, all the time. But we're too busy to notice. We have to hone our awareness to look for wonderful, unusual things around us. A state of wonder is what happiness is all about.

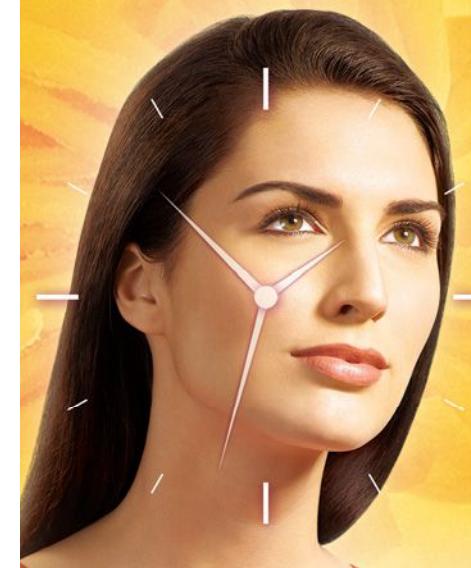
## Short Cut

### Kick start Monday With Your Favourite Breakfast

Don't start mourning when the weekend is over. Instead cook yourself a \*hearty breakfast on a Monday morning – a week well begun is half the battle won. Plus, a good healthy breakfast has miraculous benefits – spurs weight loss, lowers insulin levels, lessens cravings and keeps you perky all day.

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## THREE WAYS TO RULE THE WORLD

Writer and special educator, Gopika Kapoor, on what helps her see the light at the end of the tunnel – always

### It's All In Your Control

When I started studying the Vedas, one of the first things I learned was that life is a game of perspective – viewed through a filter of our individual experiences. In other words, the world I see is not the same as the world you see, because all our individual worlds are based on what we have gone through in life – our relationships, our memories and our



Gopika has written bestselling books such as "Spiritual Parenting", "Spiritual Pregnancy" and "Spiritual Relationships".



\*Check 20-minute Breakfasts feature in Good Food section for recipes

experiences – good and bad.

Learning this blew my mind as I realised that I could actually control the way I see my life – and also the life I see. So I could choose to view life through a positive lens, and also choose to give importance to things that are positive. This does not mean that I bury my head in the sand like an ostrich. Rather, I make a choice – to focus on positive things and encouraging people around me.

### The Right Attitude

The other rule that I abide by is viewing my life with an attitude of gratitude – a feeling of wellbeing and being blessed with all that I have. This is not something that comes naturally to a lot of us – it has to be cultivated like any other routine.

Thankfully for me, my work has put me in touch with people who've been an inspiration in so many ways. I work as an autism intervention therapist with Ummeed Child Development Center and meet a lot of parents who are not only bogged down by the pressures of bringing up a special child but can sometimes barely afford the therapy costs. Often I'm asked if my job makes me feel low. My answer is that it's "quite the opposite". Working with these kids has taught me so much – to slow down, to celebrate the smallest of victories, to love unconditionally and to value every little thing in my life – a snuggle with my child, a walk with my husband, a coffee with a friend – I feel grateful for the ordinary-ness of my everyday life.

### When Things Go Wrong...

Observing people and life around me, I have found that when any of us are faced with difficult circumstances, we need to figure out what we can learn from them. And if we miss the lesson, life has a funny way of making sure that we learn it.



*'I realised that I could actually control the way I see my life – and also the life I see. So I could choose to view life through a positive lens'*

I learned mine the hard way. Just before I got pregnant with my twins, I was living life in an overdrive – working hard, partying hard and neglecting myself. I had even told my husband (much to his horror) that I wasn't sure I wanted to have children as it would interfere with my professional life.

This is when the universe decided that I needed to learn a lesson – my lesson. Two months later, I found myself pregnant with twins. I was forced to quit my job, stay at home, and the worst – stick to bed rest. Of course I cursed and ranted – till I realised that this was a much needed time-out.

My former self would have never been able to be a good mother. Only once I recognised the pattern that my life was following and learned from it could I relax, accept changes that life threw my way and enjoy life.

### Seek Professional Help

While it's amazing to have a go-to friend for all your problems, it's not always the best idea in the long run. On a regular basis, your friend or family member may find it to be too much of an emotional drain to be around someone who is perpetually depressed, or worse, may just trivialise your problem (in their attempt to make you feel better).

To help take the burden off both the parties, a counsellor may be the need of the hour. So how do you know if it's time to schedule an appointment? Says Dr Kamna Chibber, head, psychological services, Fortis Hospitals, Delhi: 'Ideally you should not wait till you hit rock bottom. Everyone sees a rough patch once in a while but if the problems start having debilitating effects on your social, professional or family life, don't wait any longer. Over a series of sessions, the doctor will not only address the current problems but also teach you coping skills to handle trying situations more effectively.'



Photographs: SHUTTERSTOCK/INDIAPICTURE

### Short Cut Have You Tried The Obvious?

*Take a holiday. A change of scenery has inspired authors to write and bored couples to rekindle romance. But more importantly, it helps deal with "burn-outs" that are inevitable in our stressed-out lives.*

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# Your Ready Checklist

Value buys, new findings, test alert and more...



## ARE YOU HAVING TOO MUCH WATER?

Here's recent research on your daily water intake from Professor Mark Whiteley, a consultant vascular surgeon at The Whiteley Clinic, London. He is one of the leading experts in the field of hyperhidrosis – the problem of excessive sweating. His study states that drinking 8-10 glasses of water (the usual recommended amount) or more puts pressure on the kidneys that have to work overtime. Also, the extra fluid – anything more than 1.5 litres a day – may trigger off more sweat than is ideal to regulate the body's temperature. By this yardstick, if you average 5-6 glasses per day, you should be doing fine.

### “Health Contest”

It's a good idea to brush your teeth after every meal.

**a. True b. False**

Send your answer to [ghindia@intoday.com](mailto:ghindia@intoday.com) with “Health Contest” in the subject line. One lucky winner, to be decided through a draw, will receive a

**BP Monitor** from Equinox. Send in your entries by March 15.

The winner of last month's contest is Savita Teles from Goa.



## Product Shelf

New fitness products on the block – take your pick...



### Dump The Notebook

Here's something unique for tech-savvy diabetics and their caregivers. Diabeto saves time, effort and is a smart way to keep track of a patient's blood sugar levels. This is how it works: The patient measures blood sugar using a glucometer. Diabeto is then attached to the glucometer to take the readings and transfer them to a smartphone. The record is maintained and displayed on the Diabeto app that is currently compatible with android and iPhone. *To order, log on to [diabe.to](http://diabe.to); Price: ₹3,000*

### Cut That Odour

Bid icky, smelly feet goodbye. Scentra launches the first ever shoe collection with strawberry scented insoles. Slip these on to keep foot odour at bay – pick from bright solids, strips, polka or pretty florals.

*Available at: [www.scentra.com](http://www.scentra.com); Price: ₹1,500 onwards*



## GH Survey

We asked visitors to the GH Facebook page: 'At what age did you first get a mammogram and pap smear test?' Here are the findings:



## Expert View

Dr S K Das, senior consultant, gynae oncology, Action Cancer Hospital, Delhi, gives the verdict on what's the right age for cancer screening:

**'Screening tests are crucial and should be initiated as soon as a woman turns 21.'** Till the age of 30, she must undergo pap smears once every three years; then, till she turns 65, five yearly HPV DNA, tests that allow the

doctor to study the DNA content of the cells and spot abnormalities that lead to cancer, along with pap smears are a must. Unlike cervical cancer, not every cancer has a pre-cancerous stage. Also, all these forms of cancer have a different "cure rate". This is where these tests help in detecting cancer at an early stage and hence, improving the chances of survival.

**'Over the years, I have come across many women patients who ignored the early signs of cancer and skipped the screening – as a result, their chance of survival was low to begin with,' says Dr Das**

Photographs (top): SHUTTERSTOCK/INDIAPICTURE



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# Tooth Of The Matter

Complain of toothache and everybody from your grandmother to the enthusiastic colleague will bombard you with questions. Are you brushing at least twice a day? Are you using a quality brush? Do you lack vitamin C? And many more. **Krita Raut** gets you the facts

## How Often Is Too Often

Some people are obsessed with oral hygiene and are tempted to brush after every meal. But most experts confirm that brushing twice a day with a soft bristled toothbrush and using the right technique is enough. Dr Amit Srivastava, Delhi-based orthodontist and dental surgeon says that the right way to brush is using up and down strokes and a rolling motion, for about two minutes. 'Using a hard brush

and applying too much pressure is detrimental to the enamel,' he says. Dr Nandita Grover, senior consultant at Dental Max, Saket, adds another less known aspect of brushing: 'Brushing immediately after meals is not good idea. Food and drinks create an acidic environment in the mouth and it takes about 45 minutes for the saliva to neutralise it. Brushing while this natural process is on can cause the enamel to erode.'

**To avoid the enamel from eroding, it's best not to brush right after consuming a meal. A 45-minute time gap is necessary for the saliva to do its job**

## The Truth About Whitening

Whitening is a procedure people believe they can give a miss. The most popular misconception being that it can ruin the enamel. However, the truth is that the procedure can do more harm only when done too often. Dr Grover says, 'Overuse of whitening products, picking the wrong products and incorrect method can lead to sensitivity, pain and damage to the teeth. This is where choosing the right dentist to carry out whitening plays a key role.'

Dr Arati Sharma, head of dental administration at Clove Dental adds a word of caution: 'Even though most whitening products available in the market today are pH neutral (ones that help maintain the optimum acidic level in the mouth), if whitening gels aren't picked wisely or applied using an improper technique, either at home or the dentist's clinic, it can cause tooth sensitivity.' Another point to note is that the procedure is not recommended for people whose teeth are chipped or have enamel that's wearing out. If foods that are too hot or too cold irritate or cause a tingling sensation on your teeth – it indicates the enamel is chipped.

## The Case Of Bad Breath

It's embarrassing and sometimes people go years without getting to the "root cause". 'Bad oral hygiene – food stuck in cavities, not brushing regularly and plaque – are the primary causes of bad breath,' says Delhi-based orthodontist

and implantologist, Dr Teeni Bedi.

Other culprits that lead to halitosis (the medical term for bad breath) include breathing from the mouth, gum diseases, smoking, dehydration and medical conditions such as diabetes, sinusitis, acid reflux and irregular bowel movements. Bad breath can even also be a side effect of antidepressant, anti anxiety or antipsychotic medication. If you suspect that this last might be the case, ask your physician for a medicine substitute.

Dr Srivastava believes that a small addition to your toothbrush stand can do the trick and ward off bad breath: a tongue cleaner. 'Bacteria residing in the cervices of our tongue can also cause halitosis, so using a non-metallic tongue cleaner is vital.'

## Sour Candies: The Real Demons

Old school wisdom is all about "eat more sweets and your teeth will rot". There is partial truth in this. In reality, that sticky, sour candy that's oh-so-irresistible is what causes maximum damage. 'These often get stuck in the teeth and are not easily washed away by saliva; this leads to cavities. Also many sour candies have a high acidic level – this can cause tooth decay. Even aerated drinks that contain unadulterated acids eat into the enamel, making your teeth porous and causing discolouration,' says Dr Grover.

Finally, any food particles that are stuck between the crevices of the teeth



'Infections and cavities may also be thriving in visibly white-looking teeth,' says Dr Sharma

are harmful not just sweet or sour. 'These act as a medium for the bacteria to form acids and cause cavities,' says Dr Srivastava.

## Don't Focus On Whiteness

Don't go by appearances. The whiteness of your teeth doesn't necessarily mean that they are in the pink of health. 'Infections and cavities may also be thriving in visibly white-looking teeth,' says Dr Sharma.

In fact, even the degree of whiteness in itself is a grey area. Dr Srivastava says, 'Tooth enamel comes in different shades of white. The whiteness of the enamel differs depending on which part of the world one lives in.' Asians have a slightly yellowish tooth enamel as compared to people in the

## Sugar Free Gum vs Brushing

'Chewing a sugarfree gum can help maintain oral hygiene but it isn't a substitute for brushing – especially not morning and night. The advantage of chewing gum is that it accelerates the production of saliva in the mouth. This in turn washes away food debris and reduces its build-up,' says Dr Sharma. And remember, while deciding which gum goes into your grocery bag, check the ingredient list and pick the one with Xylitol (a sweetener that helps fight cavity forming bacteria).



## Don't forget to floss. Slip the thread between your teeth and move up and down to clean thoroughly

West. The colour also varies with age, says Dr Sharma. 'As we age our teeth get discoloured,' she adds. Smoking, chewing tobacco, drinking black tea and coffee over a long period of time are other well-known offenders.

### "Milk Teeth" Problems

A lot of parents think that their child's toothache or cavity doesn't need much attention. Why worry about milk teeth if they are going to fall off soon anyway, they argue. While this might be okay if the tooth is very shaky and likely to fall in the next few days, dentists warn that left untreated, cavities in the milk

teeth can create a lot of problems. They can be painful and lead to infections and even premature loss of the whole or part of the tooth. Warning of bigger issues, Dr Srivastava says, 'Ignored cavities in temporary teeth may inhibit space for the permanent teeth to grow. This will cause the permanent ones to erupt in an irregular manner and the child might need braces to set them in their right place.'

Adding to this, Dr Grover says that when not treated, the deepening of the cavity can also cause oral infections that might require advanced corrective procedures such as root canals.

### Behind Bleeding Gums Is...

Bleeding gums is not really a "tooth problem". It's actually a sign of unhealthy gums. 'Tartar build-up and plaque can irritate the gums and cause bleeding,' says Dr Bedi. However, just like bad breath, bleeding gums can also be caused by other underlying health conditions such as nutritional deficiencies, hormonal changes during pregnancy and bleeding disorders such as hemophilia. Improper flossing, brushing too hard or tooth or gum infections are other reasons.



### Keep In Mind

- Change your toothbrush once every month or when the bristles are worn out.
- For children below the age of six, opt for a toothpaste that does not contain fluoride, as they tend to swallow it.
- Use an alcohol-free mouthwash – the ones with alcohol are harmful for the soft tissues in the mouth.
- Floss at least once a day using an 18-inch long piece. Slip it between your teeth; move up, down, backward and forward along the side of the teeth for 8 to 10 times. Do not snap the floss between your teeth – it might hurt your gums. The process may feel a little uncomfortable in the beginning but don't give up. However, remember that flossing should not be painful. Consult a dentist if there is continued discomfort.



## Get Scaling Done And Tartar Removed

Apart from flossing, scaling and polishing are other two practices that are often ignored. 'Scaling and polishing help remove plaque and calculus (hard calcium deposits from food-based salts and saliva) from the surface of the teeth. The build-up of these is what causes the gums to recede and the grip of the teeth to loosen.' But don't go overboard, warns Dr Srivastava. 'The procedure should be carried out by a qualified dental hygienist with at least a six month gap between sittings.'

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# Ask Dr Mathai

Dr Issac Mathai,  
medical director  
of SOUKYA  
International Holistic  
Health Centre,  
Bengaluru,  
is a world-  
renowned holistic  
physician.

## Fend Off Joint Pain

Take care of your joints before they start showing signs of wear and tear. Here's when to start and what to do

The common perception about joint pain is that it affects only the elderly – while this is mostly true, it's not a rule. The most common type of arthritis, osteoarthritis (the one that affects the joints), is the result of degenerative changes due to poor cell regeneration; or when the process of cell regeneration comes to a complete halt, which usually happens at an advanced age. But premature cases are reported fairly frequently. So, to keep joint diseases at bay, get your act together once you are past the mid-30s mark.

**The Triggers** We are all too familiar with the culprits – a sedentary lifestyle, wrong posture and gait, over or under exercising, wrong dietary habits, excess consumption of alcohol, smoking, sleeping pills and so on.

**When To Act** Don't ignore pain in the knees, cervical and lumbar spine, shoulders and ankles. Joint related ailments usually begin with a feeling of stiffness in the mornings. This might escalate into pain if not paid heed to – fix that appointment with an orthopaedic right away. The other early signs include swelling of the joints, difficulty in walking or climbing stairs and disturbed sleep due to pains and aches.

**What To Do** If you wake up feeling stiff,



Invest in a good quality spinal brace and knee caps to provide added stability to the joints. Also, don't stop joint movements altogether

bathe with warm water. Remember to drink room temperature water and avoid food straight from the refrigerator. Eat more antioxidant rich foods such as leafy greens, tomatoes, nuts, beans, fish, pumpkin seeds, fresh fruits and sweet potatoes – all known to provide relief in joint related conditions.

**Drop Excess Weight** – any extra flab will worsen the condition. Regular oil baths, dabbing medicated oils on the joints and heat application provide relief. Avoid cycling, cross training, jogging and other strenuous workouts.

**Opt For Yoga** – it's known to improve flexibility and prevent further degeneration. Make sure to do it regularly under the guidance of a trained therapist. Also, if you suffer from back pain – chronic or occasional – avoid forward bends. Suryanamaskars (a set of yoga exercises) are an effective remedy.

### CARE OF THE ARTHRITIC

If any member of your family suffers from arthritis, ensure that he/she takes ample care against the cold. Investing in a lumbar corset – a spinal brace that is used to treat lower back pain – and knee caps to give stability to the joints, are good ideas. Also ensure seating arrangements of people who suffer from arthritis are never too high – not having the feet touch the ground puts more pressure on the spinal disc/back. Contrary to popular advice, people with arthritis should not stop joint movements altogether – this will make the stiffness and pain worse. Walking, yoga or any light exercise, depending on individual condition, should be kept up on a daily basis.

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# Host A Tea Party

Plan the perfect gathering – small, intimate and full of delicious eats and cups of hot refreshing brews for your special friends. Here's help on everything: From setting up a pretty table to menus and recipes, Nandini Banerjee tells you how. Plus: Top chefs share their favourite recipes

**For the longest time,** I have been fascinated by English author Jane Austen's depiction of the afternoon tea parties in her novels. Women meeting in casual finery, chatting, sipping tea, munching on delicate sweet and savoury finger foods... an old-world British classic. Give this an Indian twist and replace your next kitty party or a girls-only celebration with a tea party.

First, an interesting slice of history: Legend traces the "tea party" to the mid-1800s. The then Duchess of Bedford used to get a sinking feeling around 4pm everyday. To keep up her spirits, she began inviting her friends over to chat and share a cup of tea with her. The idea caught on among the royals and soon, as with all trends in those times, the practice percolated to the middle class. The tea parties (4-7pm) became the centre for gossip and fashionable displays. **The food and drinks served were bite-sized and delicious but still leaving room for dinner.** Over the years, the concept has been tweaked to suit the changing times, but essentially it remains the domain of women and children. Follow our simple steps to throw an easy yet engaging tea party for your girlfriends.

## Plan Your Menu

The ideal guest count for a successful tea party lies in numbers. It should not go over 20 nor fall below 10. Too many people will make the process overly laborious and the intimacy is lost. The idea is to relax and catch up with like-minded friends. Plan your menu well in advance. Since afternoon tea traditionally has cold dishes in the menu, it should not be a problem to lay your table before the event. For table décor, stick to pastels, white, crystal and silver tones. Lace tablecloths work well too. Pale pink, baby blues and buttery yellow are your colours. For a dramatic effect, try a indigo tablecloth with all-white tableware. The cutlery should be sparkling. Put on dainty teacups and saucers in floral motifs or pastel shades. Crystal wine glasses (to end with) add an elegant touch to the table.

### Here are some ideas to get you started:

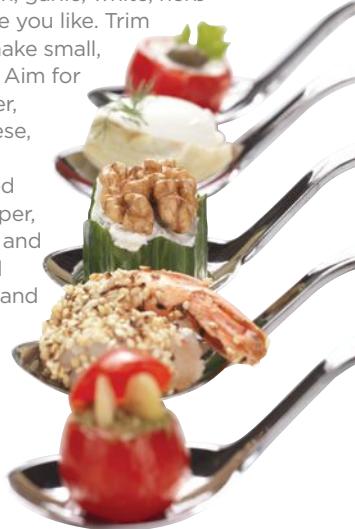
#### ● Two or three types of teas

(choose from English Breakfast, Masala, Cardamom, Earl Grey, Lemon). It's best to check preferences of your guests. Many brands have an assorted

\*tea box that contains a medley of flavours so you could get one of these if you like. Arrange the tea bags on a platter. Plug in an electric kettle with hot water nearby. Milk, sugar, honey and lemon slices should also be kept handy. Teapots and loose tea needs to be set out for those who don't like tea bags.

**● Finger sandwiches:** If you have a mixed guest list, make sure you have veg and non-veg dishes in your menu. It's best to opt for light fillings; avoid heavy sauce mixes. Make your sandwiches with an assortment of breads: multigrain, garlic, white, herb and anything else you like. Trim the edges and make small, fine sandwiches. Aim for variety: cucumber, tomato and cheese, boiled egg and coleslaw, steamed chicken and pepper, chicken sausage and cheese, tuna and mustard, potato and hung curd. Try a "chessboard"

Afternoon tea party traditionally has cold dishes in the menu, so it should not be a problem to lay your table well before the event. Leave the beverages to be set out last



with white and brown bread sandwiches topped with "pawns" of olives, cherries, strawberries and pineapple chunks on toothpicks.

**● Two or three savouries:** Tarts, pies, mini burgers, spring rolls, patties and canapés are next on the menu. Don't forget: Only delicate, bite sized eats. Arrange the savouries on multiple-tiered cake-stands if you like. Put out two sets of dips for the veg and non-veg guests and label the "decks" clearly with individual spoons. Make an assortment of dips in different colours: green chutneys, yellow mustard, red ketchup, white curd based.

**● Salads, cheeses and cold cuts:** A raw papaya salad is a great palette cleanser. Team it with a kachumber salad and a quinoa or couscous salad with some rocket leaves and tomato. A cheese platter with a variety of cheeses, herbed and plain, does nicely. For non-vegetarian guests arrange a cold cut platter but keep the pieces bite-sized: sausages, salami, smoked meats and cured ham.

**● Four to five sweets:** Scones, custard puffs, mini chocolate éclairs, fresh strawberries with chocolate sauce, jelly, caramel pudding, cupcakes, coffee cake, mini assorted pastries and macaroons. The sweet nuances are the highlights of a traditional tea party.

**● Wine and cocktails:** End the evening with a round of wines or girly cocktails. Choose from a light white or a rosé to pair well with the cheeses. Or try a Margarita or Cosmopolitan; or a \*Sangria (you need to fix the night before).

## Prep Up!

(Ideally begin preparations two days before the party)

**Two days before:** Decide the menu and décor, and write down what you need for each dish – ingredients to the serving platters and house fragrance. ● Make the shopping list and stock up; but leave the things you want to get fresh for the next evening (if buying pastries and macaroons, for instance). ● Begin the baking – things that will not spoil.

**1 day before:** Wash, dry and polish all crockery and cutlery you intend to use. Ready the linen, tablecloths, serviettes, teacosies, cushions, upholstery.

- Trim and cut bread for sandwiches and keep covered with a damp cloth.
- Prepare sandwich and canape fillings, cover with cling film and refrigerate.
- Set up the cheese and cold cut platter, cover and refrigerate. You can prepare salad ingredients and dressings too but store separately in a cool, dry place.
- Arrange flowers in clear glass vases around the house: aim for at least four vases of similar flowers. Pastel shades work best for the ambience.
- Do remaining shopping.

## The Day Of The Party

- Make the sandwiches and get on with any other cooking you need to do first off.
- Ensure washrooms are stocked and spotlessly clean.
- Lay out the table complete with crockery, cutlery and table linen by mid morning. Make sure the tea board is well stocked and plug points working for the electric kettles.
- Arrange the seating around your table and in cosy clusters with sidetables.
- Rest for a couple of hours.
- Arrange the food on the table so guests can help themselves. Cover.
- Shower and get dressed (keep it casual and fun) to receive your guests.
- Greet your guests, make them comfortable and enjoy!

End the evening with rounds of fruity cocktails or light wines

\*Check <http://www.lifehack.org/articles/lifehack/11-sinfully-easy-sangria-recipes.html> for Sangria recipes

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References: Traditional and modern published literature.

Spinach Pie



**Raw Papaya Salad**



## Mini Chocolate Éclair

### Mini Chocolate Éclair

Time: 1 hour 30 minutes  
Serves: 12

**For the pastry:**

80gm unsalted butter, cubed  
200ml water  
120gm flour  
3 eggs, beaten

**For the filling:**  
300ml cream

**For the icing:**  
400gm icing sugar  
2tbsp cocoa powder  
2tbsp water

1. Preheat the oven to 180°C. Line two baking trays with parchment or butter paper.
2. To make the pastry, heat butter and water in a pan on low flame till the butter melts. Then turn up the heat and bring the mixture to a boil.
3. Remove from heat and add the flour slowly. Mix well to ensure the flour batter is smooth and of a pouring consistency without lumps.
4. Now add the eggs, one by one and beat the mixture till it becomes stiff.
5. Drop spoonfuls of batter on the baking tray, leaving ample space in between the éclair bases. (Don't make the éclairs too big.)
6. Bake the bases for 25 minutes or till golden brown and puffed up.
7. Slit each éclair puff horizontally from the middle.
8. Whip the cream till it is stiff. Then scoop the filling in between the éclair puffs.
9. To make the icing, sift together sugar and cocoa powder. Then add little water to make a thick paste.
10. Dip the warm éclairs in the chocolate icing and place on a plate to cool. Refrigerate for at least an hour or more for the icing to set completely. You can also garnish the éclairs with chopped cashews or peanuts.
11. Serve cool.

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References: Traditional and modern published literature.  
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## Cinnamon Cake



## Caramel Pudding



### Spinach Pie

**Time:** 1 hour 30 minutes

**Serves:** 10



8tbsp unsalted butter  
100gm cream cheese  
(Britannia or Kraft Philadelphia)  
1/4 cup thick cream (available at any local diary)  
1 1/2 cups plus 2tbsp flour  
2tsp salt or to taste  
1kg spinach, washed and chopped  
3tbsp olive oil  
1 onion, finely chopped  
3 eggs  
1/2 cup Mozzarella cheese  
1/2 tsp freshly ground pepper

- To make the pastry, combine butter and cream cheese in a blender. Add cream and pulse to mix well.
- Add 1/2 flour and 1/2 tsp salt and knead the dough to form a supple ball. Divide the dough in two - one bigger than the other. Pat each into a disc and wrap in cling film portion. Refrigerate for at least an hour.
- Preheat the oven to 180°C and line a small to medium pie tray with parchment or butter paper. (The

dough should suffice to line the inside of the tray/tin and cover the filling.)

- To make the filling, boil the spinach, drain and keep aside.
- In a pan, heat oil over a medium flame. Add onion and cook till the onions turn transparent. Remove from heat and let the onions cool briefly.
- In a large bowl, lightly beat 2 eggs. Add Mozzarella cheese, salt and pepper and beat to combine. Stir in the boiled spinach and fried onions.
- To make the tart, roll out the bigger ball of dough and line the baking tin to cover the base and sides. Spread the spinach mix evenly on top of the dough-base. Roll out the second dough part to form a "cover".
- Place the cover carefully over the spinach mix and seal the pie on all sides by crimping the edges together. Slice a few vents on top of the pie.
- In a bowl, beat together the remaining egg with a few drops of water. Brush the egg on the surface of

the pie. Bake the pie until the crust is golden. It takes about 30-40 minutes.

- Remove from oven, cool and cut into wedges before serving.



### Raw Papaya Salad

**Time:** 15 minutes  
**Serves:** 10

1 green papaya, finely shredded (use a vegetable peeler) into long strands and soaked in chilled water for an hour  
8 garlic cloves  
6 green chillies  
4tbsp gur (jaggery), finely grated  
8tbsp lemon juice  
4tbsp soya sauce  
2tbsp vinegar  
2 tomatoes, quartered  
8 long beans, boiled and chopped  
4tbsp unsalted peanuts, roasted  
Salt and pepper to taste

**Scatter dry fruits, chips and wafers in pretty bowls. Also, jugs of chilled water with some herbs and lemon slices in them**



## Custard Puffs

- 1.** In a mortar, lightly pound garlic, then add chillies and pound again. To this, add gur, lemon juice, vinegar and soya sauce, and pound to form a coarse paste.
- 2.** Now, add peanuts and lightly pound again. Thoroughly mix the dressing.
- 3.** Add tomato and beans to the mixture and pound some more to form a textured coarse dressing.
- 4.** In a large bowl, add the papaya and top with the tomato-peanut mixture. Toss lightly. Sprinkle salt and pepper and toss again. Check seasoning and cover with a cling film.
- 5.** Chill till ready to serve. Garnish with whole unsalted peanuts.



### Custard Puffs

**Time:** 30 minutes  
**Serves:** 10

**For the pastry:**  
1 cup water  
½ cup butter

1 cup flour  
4 eggs

**For the filling:**  
3 egg yolks

1 cup sugar  
3 cup milk  
1½ tbsp flour  
1½ tbsp cornflour  
½ tsp vanilla essence

- 1.** To make the pastry, mix butter in water and bring to a boil. Reduce heat and add the flour. Stir over a low flame until the mixture forms a lumpy dough. It takes about a minute.
- 2.** Remove the pan from heat and add the eggs, one at a time, while beating continuously until the dough mixture is smooth like thick cake-batter.
- 3.** Preheat the oven to 200°C. Line a baking tray with parchment or butter paper.
- 4.** Drop a tablespoon of dough to make mounds on the baking tray. Space the mounds sufficiently.
- 5.** Now, bake the mounds until they are puffed and golden brown. It takes 20 to 30 minutes. Remove from oven and cool.
- 6.** Slit each puff halfway horizontally to fill in with custard.
- 7.** To make the filling, beat the yolks and sugar to form stiff peaks. Add the milk, a little at a time and mix further till the sugar melts.

## Cocktails

### Cosmopolitan

**Time:** 5 minutes; **Serves:** 10

600ml vodka; 200ml triple sec (liquor); 500ml cranberry juice; 6tbsp lime juice; orange peels for garnish

In a cocktail shaker, add vodka, triple sec, cranberry juice and the lime juice and shake vigorously to mix. Refrigerate till chilled. Before serving and add the orange peel.

### Margarita

**Time:** 5 minutes; **Serves:** 10

2 cup tequila; 1 cup Cointreau (orange-flavoured liquor); 1 cup lime juice; ice cubes, crushed

In a cocktail shaker, add all the ingredients and shake for a couple of minutes. Pour into a martini glass. You can also line the rim of the glass with salt. Serve chilled.

- 8.** Add the flour, cornflour and vanilla essence and mix until smooth.
- 9.** In a pan, cook the mixture over medium heat, stirring constantly until it comes to a boil and thickens.
- 10.** Remove from heat and cool. Fill the puffs with the custard and leave it to chill in the refrigerator for at least an hour.
- 11.** Sprinkle icing sugar before serving.



### Caramel Pudding

**Time:** 30 minutes  
**Serves:** 10

100gm sugar  
100ml cold water  
4 eggs

3 egg yolks  
750ml milk  
2tbsp castor sugar  
2tsp vanilla essence

- 1.** Preheat the oven to 180°C.
- 2.** Beat the eggs and egg yolks with vanilla essence thoroughly. Add milk and beat again to mix well.
- 3.** In a pan, dissolve sugar and water on a low flame till the mix changes to a thick caramel syrup.
- 4.** Now, evenly line a baking dish with

the caramel syrup. Pour the egg-milk mix over the caramel syrup and cover the dish with a foil.

**5.** Bake for 30-40 minutes or till a knife inserted in the pudding comes out clean. Remove from oven and allow the pudding to cool. Then pop it into the refrigerator for it to chill and set completely.

**6.** To serve, run a knife around the edges of the pudding to loosen it and then invert the dish on the serving plate. Serve with cream.



### Cinnamon Cake

Time: 40 minutes  
Serves: 10

*For the cake:*  
2 cups flour

$\frac{3}{4}$  cup castor sugar  
2tsp baking powder  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  cup butter  
1 egg  
 $\frac{3}{4}$  cup milk  
 $1\frac{1}{2}$  tsp vanilla essence

*For the topping:*  
1/4 cup flour  
 $\frac{2}{3}$  cup sugar  
1tsp ground dalchini (cinnamon)  
1/4 cup butter  
1/4 cup icing sugar

- Preheat oven to 180°C. Grease and flour a baking pan.
- First make the topping: In a bowl, combine flour, sugar and dalchini. Mix in the butter until the mixture resembles coarse crumbs. Keep aside.
- For the cake, in another bowl, sift together flour, castor sugar, baking powder and salt. Add butter and mix till the dough resembles coarse crumbs. Stir in egg and milk. Then add the vanilla essence. The dough should be moist but crumbly.
- Spread the dough evenly on the pan. Top with the dalchini mixture. Run a toothpick through the mixture to create pretty brown twirls in the cake. Bake for 25 to 30 minutes or until a toothpick inserted into the centre of the cake comes out clean.
- Remove from oven and sprinkle icing sugar over the cake.

## Chefs' Choices

Straight off the menus of popular restaurants and hotels



Smoked Cheese Balls



Grilled Mushroom Crostini



Curried Rice Fritters



Scones With Jam and Cream

### Scones With Jam and Clotted Cream

By Chef Olivier Vincenot, corporate chef, Foodhall Cafe, Delhi

Time: 45 minutes

Serves: 12

1kg flour  
200gm castor sugar  
50gm baking powder  
1tsp salt (or to taste)  
250gm butter  
2 eggs  
125ml milk  
125ml cream  
1tbsp dalchini (cinnamon) powder  
2tbsp egg wash (mix 1tbsp water with 2 egg yolks)  
250gm sultana or raisins

- Preheat the oven to 180°C. Grease a baking tray lightly with oil.
- In a bowl, mix together flour, castor sugar, baking powder, salt and butter

to get a crumbly mixture.

- In another bowl, beat together eggs, milk and cream till combined. Now, add the egg mixture to the flour mixture and mix to make a soft dough. If required, add more milk to get the soft consistency.
- Then add the sultana and mix again. Leave the dough to rest for 20 minutes.
- Carefully roll the dough to a loose 2.5cm-thick log. Slice it to form round scones of about  $\frac{1}{2}$ -inch thick.
- Place the scones gently on the baking tray, spacing them equally.
- Brush the tops of the scone with egg wash. Leave the scone to rest for another 10 minutes.
- Bake the scones for 20 minutes or till they turn golden.
- Remove from oven, cool and serve with clotted cream (available at \*gourmet food stores) or thick whipped cream and jam of your choice.

## Grilled Mushroom Crostini

By Chef Shamsul Wahid, executive chef, Smoke House Deli, Pan India

Time: 30 minutes

Serves: 10

*For the topping:*

200gm mushroom, cut into quarters  
60gm butter  
1tbsp garlic, chopped  
1tsp chopped thyme (or 1/2tsp dried thyme)  
2tsp chilli flakes  
45ml olive oil

*For the garlic croutons:*

1 French baguette (you can use regular bread loaf too), cut into 1/2 inch-thick slices  
45gm butter, softened  
1tsp garlic paste  
1 sprig parsley, chopped  
100ml \*Hollandaise sauce (available at gourmet food stores in your city)  
100gm Cheddar cheese, grated

1. Preheat the oven to 180°C.
2. In a pan, heat oil on medium flame. Add mushrooms and sauté till brown.
3. Lower flame and add garlic, thyme and chilli flakes. Toss to combine with the mushroom. Then add the butter and stir for a couple of minutes.

4. Set the topping aside.
5. In a bowl, mix together butter, garlic paste and parsley. Spread the mixture over the bread slices evenly.
6. Now, toast the bread slice in the oven for 5 minutes.
7. Remove the bread slices from the oven and spread the mushroom mixture evenly on each slice.
8. Pour a little Hollandaise sauce on each slice and top with cheese.
9. Pop the slices back into the oven and bake for 8 minutes or till the cheese melts and turns light brown.
10. Remove from oven and serve hot.

## Curried Rice Fritters

By Sandeep Panwar, executive chef, The Metropolitan Hotel & Spa, Delhi

Time: 30 minutes

Serves: 10

1kg boiled rice  
300gm chopped onion  
20gm curry powder (readymade powder available with brands such Mother's Recipe and Priya)  
30gm kadhi patta (curry leaves)  
20gm green chillies (optional)  
40gm chopped ginger  
2tsp mustard seeds  
20gm til (sesame seeds)  
300gm breadcrumbs  
100ml vegetable oil

## Things To Do At The Party

- You can host your kitty programme during the tea party.
- Make it a potluck party; plan the menu and request your guests to bring a snack each.
- To add a fun element, make bags of cookies for your friends to take back with the recipe tucked in.
- If your friends all love cooking, invite a friend who is a specially good cook to demonstrate her special dish.
- Try games such as passing the parcel or musical chairs if your friends are willing; sometimes it's fun to be silly together!
- A round of *antakshari* is likely to work well if the songs are limited to old Hindi film numbers.
- If you like, you can ask your guests to dress to an easy theme such as florals; or inspired by their favourite Bollywood heroine.

## Cover Recipe



### "NEW" RICE PUDDING

Innovate on the classic and wow your guests!

1. Make sure your pudding is served chilled and is not runny.
2. The proportion of rice to milk should be 1/2 cup rice: 2 litres milk. Thick milk till it begins to change colour on a low flame, stirring continuously. Then add rice and cook till the rice is cooked through and makes a thick mix with the milk; use condensed milk instead of sugar to add richness.
3. Top with chocolate spread, jam, chopped fruits of choice or roasted coconut flakes... let your imagination lead you on toppings.
4. Make a trifle with layers of the rice pudding, chopped fruit, fresh crystal jelly, cream cheese and chocolate spread mix and crushed biscuit of choice.
5. To make a flavoured rice pudding, add vanilla or rose essence in the simmering milk. You can also experiment with orange or khus flavours.

**100gm raisins, finely chopped  
100gm processed cheese (Amul or Britannia cheese cubes), grated  
Salt to taste**

**For the batter:**  
**200gm flour  
Water**

1. Heat oil in a pan on a medium flame. Add mustard seeds and as they crackle, add onions, ginger and green chillies chopped. Sauté for a minute.
2. Now add kadhi patta and sauté for another minute. Add the curry powder, mix and immediately take off the heat. Set aside to cool.
3. In a bowl, mix together rice and salt. Then add the onion mixture and mix well. Shape rice mix to form balls. Flatten with your fingers.
4. In another bowl, mix together raisins and cheese. Take one flattened rice ball and put a little cheese stuffing in the middle. Seal the ball like you would for a stuffed paratha and then shape the rice ball into a cylinder. Repeat with the rest of the rice balls.
5. Make a thin watery batter of flour and water. In another bowl, mix together breadcrumbs and til.
6. Heat the oil for deep-frying. Dip each rice cylinder into the flour batter and then in the breadcrumb-til mixture to coat evenly.
7. Deep-fry each cylinder till it is golden in colour. Remove from oil and drain onto a kitchen paper.
8. Serve hot with mint chutney.

## Smoked Cheese Balls

By Chef Harman Singh, Vault Café, New Delhi

**Time: 30 minutes  
Serves: 8-10**

**1 cup + 2tbsp cornflour  
1 cup hung curd  
1 cup mayonnaise  
1 cup milk  
4 cups cream cheese, softened  
2 cups grated Cheddar cheese  
4-5 almonds, roasted and grated  
2-3 cashews, grated  
Vegetable oil to deep fry**

1. In a bowl, mix together 1 cup

cornflour, hung curd, mayonnaise and milk till well combined.

2. Beat in the cream cheese into the curd mix until smooth.
3. Mix in cheese and add almonds and cashews to the curd mixture. The batter should be thick but pliable enough to shape into balls. If you find it difficult to shape the dough, reduce the quantity of cream cheese.
4. Cover the curd-cheese mixture and keep it aside for 15 minutes in a cool and dry place.
5. Heat the oil on a high flame. In a bowl, mix 2tbsp cornflour with a little water to form a watery mix.
6. Now, shape the batter into balls and dip them into the cornflour-water. Immediately, drop them into the hot oil to deep fry till golden in colour.
7. Remove from oil and drain. Serve hot with a mint dip.

## Kolkata Fish Cutlet

By Chef Amit Chowdhury, executive chef, The Taj Mahal Hotel, New Delhi

**Time: 45 minutes**

**Serves: 10**

### For the stuffing:

**500gm bhetki fillets  
5 potatoes, boiled and grated  
1 cup chopped onion**

## Little Touches

- Don't forget to have some soft music playing in the background.
- Infuse your home with a gentle scent but don't overcrowd if you have fragrant fresh flowers.
- Scatter paper napkins in pretty holders across the space.
- Invest in glass and cup markers to avoid mix-ups.
- Make sure you open the door yourself to all guests, usher them in and engage them in conversation with other guests before you leave their side.
- Remember to talk to your guests and enjoy! It's your party, not a chore!



**Kolkata Fish Cutlet**

**1tsp garam masala powder  
2tbsp ginger  
4 chopped green chillies  
Salt to taste  
1tsp haldi (turmeric) powder  
4tbsp lemon juice  
1tsp mustard oil**

### For the batter:

**3 cups bread crumbs  
12tbsp flour  
3 eggs, lightly beaten  
Vegetable oil for deep frying**

**1.** Wash the fish and pat dry. Mix together lemon juice, salt and haldi and marinate the fish with the mixture. Keep aside for 30 minutes.

- 2.** Heat oil in a pan on a medium flame and sauté green chillies, ginger and onions till the onions turns golden.
- 3.** Add the fish and the excess marinade in the pan. Cover and lower the flame. Let the fish cook for about 10 minutes, turning the fillet to cook evenly on all sides.

**4.** Remove from heat and cool. Then flake the fish fillets.

**5.** In a bowl, mix together the fish flakes, fried masala, potatoes and garam masala. Check seasoning.

**6.** In a bowl, whip together eggs and flour till combined. Now, take a handful of fish mixture and shape into a loose ball. Dip the ball into the egg-flour mixture and immediately roll it in the breadcrumbs, coating evenly. Using your fingers shape the loose ball into the shape of a cutlet. Repeat for the remaining mixture.

**7.** Heat oil in a pan on a high flame. Deep fry each cutlet till golden brown.

**8.** Remove the cutlets and drain onto a kitchen paper. Serve hot with kasundi (Bengali equivalent of mustard sauce).

I  best rice

# Love Health Love Rice

Rice is actually very good for you, so whatever doubts you might have about rice, just chuck them right away. And yes, stop feeling guilty after eating your favourite dal chawal and say I  rice

Rice is a popular staple, one that we have been eating in India for centuries now. A typical Indian meal is incomplete without rice. But about a decade or so back, somehow the tide turned and media and marketing messages began brandishing it as a villain. And Suddenly other exotic grains became better, and more suited to our needs, and well being.

But it is time to definitely clear the doubts that have been circulating about rice and fall back in **love with rice** again. There are actually lots of reasons to love rice. For starters it **gives us energy**. Rice provides carbohydrates which our body needs to derive energy for its daily needs. Our body breaks down the starch in rice into simple sugar, and uses it to fuel the liver, muscles, brain and other tissues. So this humble staple not just gives us energy, it also cuts lethargy and helps build stamina to keep us active and on the go. **It is a mine of nutrients**; contains

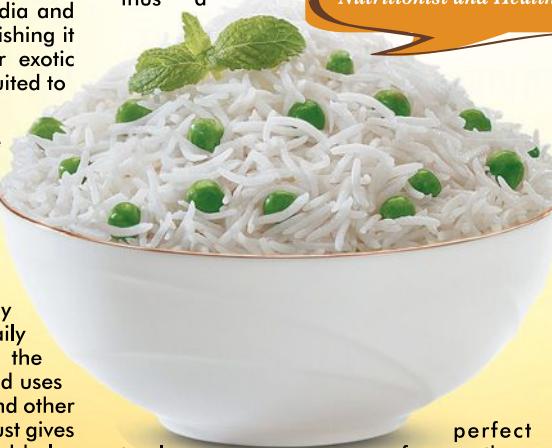
practically no fat and zero cholesterol, and is a source of more than 15 vitamins and minerals, including iron, copper, zinc, manganese, magnesium, selenium, and B vitamins folate and niacin.

What very few people realize is that rice **helps us eat more nutrients**. Yes, rice eaters tend to consume a lot more fibre, nutrients and protein compared to non rice eaters. Multiple studies have shown that children and adults who eat rice consume higher amounts of several key nutrients. It is thus a

*Follow the 1/4th plate principle. Take a quarter plate of rice and fill up the remaining part with vegetables, dal or other protein rich foods. What you pair your rice with can take up the quality of your meal notches higher - Kavita Devgan, Nutritionist and Health Writer*

them to him in the form of a tasty pulao or khichri.

Also ever wondered why rice kanji is a quick fix for diarrhea, or Gujarati ghanish (curd rice) is considered a standard meal for people who are unwell, and why the ubiquitous khichri (which is made differently in every household) is the default dish to cook on the days when our digestive system seems to be playing up? Well, that's because rice does not tax the intestines too much and gets digested easily. It is a very **easy to digest food**.



perfect tool for mothers to easily sneak in all the vegetables that the child does not eat otherwise and feed

## 3 REASONS TO EAT RICE

- 01**  It gives us instant energy
- 02**  It is a mine of nutrients
- 03**  It is easy to digest

### BEST PREMIUM BASMATI RICE & SPROUTED BLACK GRAM SALAD I rice

**Ingredient :** Boiled Best Premium Basmati Rice 3 cups (300 gms), sprouted black gram 1½ cup (225gms), 1 Medium Bell pepper (red, yellow, green) chopped 1 cup, Spring onion (sliced) 2 tbsp. **Dressing :** Mango chutney 3 tbsp, Crushed roasted cumin ½ tsp, Garlic (chopped) ½ tsp, Lemon juice 2 tbsp, Green chili (chopped) 1tsp, Olive oil 3 tbsp, Salt to taste, Crushed black pepper to taste, Garnish Lemon wedges 4 no **Method:** In a bowl mix boiled rice, sprouted black gram, chopped bell pepper, 1tbsp of sliced spring onion and keep aside. In another bowl add mango chutney, crushed roasted cumin, chopped garlic, lemon juice, chopped green chili, olive oil, salt & pepper. Mix them well to a smooth consistency. Pour the dressing over the rice mixture and toss well to combine. Check seasoning. Mound the salad in a serving plate and garnish it with lemon wedge and sprinkle remaining spring onion slice. Serve chilled.

To serve:04

### Myths vs Reality

**Myth : Rice is a high calorie food**  
**Reality:** Rice practically contains no fat, and is a moderate calorie food. A standard half-cup-serving of boiled rice provides approximately 120 calories, which is similar to what other carbohydrate rich grains like wheat roti and bread provide. One small chapati or a slice of bread gives about 80 - 90 calories.

### Myth: White rice is not healthy

**Reality:** That a big myth. Rice is a good source of healthy carbohydrates that provide the much needed fuel (energy) we need to get us through the day. Rice eaters in fact, research shows eat more servings of fruit, vegetables, meats and beans as it is very easy to top this humble food with these healthy nutritious ingredients.

— Dear Carrots and Beans, —  
We look good together in biryani.

*Best.  
Basmati Rice*

The perfect match  
for your favorite dish.



**best**

# Kitchen Notes

DIY herb rack, winning recipe and more...

## Grow Your Own Seasoning

### Just reach out and pluck

What you need: A space that gets five hours of sunlight daily – and some effort and time. Indoor herbs include basil, mint (pudina), rosemary, thyme, coriander (dhania) and parsley – start with any two. Follow the pointers:

- Opt for starter plants instead of seeds. Visit a local nursery for herb saplings. You may plant seeds but it's more difficult, requires greater effort and attention.
- Buy small-sized terracotta planters (6 inches deep) with drainage holes at the bottom – terracotta absorbs moisture and keeps the soil damp. Place a tray underneath the pot to catch excess water.
- Next, buy ready-to-use potting soil and fill the planters (two or three-inch deep), and then plant your saplings gently. Finish filling the rest of the pot with the pre-mixed soil, pressing firmly around the plant. Remember to leave an inch of space at the top to provide room for watering.
- While watering, take care not to drown the saplings – **you know you've watered enough when you see a small trickle running into the saucer.\***

Fertilise your herbs once a month with a product that is labeled safe-to-use on edibles. A good nursery would be able to recommend one.



### Crunchy And Creamy Fried Icecream

**WINNING RECIPE\***  
(GHFB Kenstar Healthy Cooking Contest)

**Time: 25 minutes;**  
**Serves: 2**

2 scoops of vanilla icecream  
1¼ cups flour  
1½ cups water  
Bowlful of cornflakes, coarsely crushed

1. Place 2 scoops of icecream in a metal container and freeze till the icecream is rock-hard.
2. Make a dosa-like batter of flour and water.
3. Dip the icecream scoops in the flour batter and make sure it gets evenly coated.
4. Roll the icecream on the

cornflakes – the flakes should coat the scoops evenly.

5. Freeze again for 15 minutes.
6. Preheat the air-fryer at 180°C.
7. Place the prepared icecream scoops in the air-fryer and cook for about 30 seconds.
8. Remove and serve immediately with hot chocolate sauce.

\*Winning entry is by Hazel Esther Brown from Vasai West, Maharashtra. She wins a Kenstar Oxyfryer worth ₹8,500

### BE A SMART COOK

- When stirring butter or malai to make ghee, add the following: A pinch of salt to get a soft, grainy texture; curry leaves for a pleasing aroma and a few methi seeds for longer shelf life.
- While cooking green leafy vegetables, add a pinch of sugar so they retain their natural colour.
- Here's how to remove a burnt smell from pulao or biryani: Place a piece of fresh white bread on top of the dish and cover with a lid. The burnt aroma will vanish in a short while.

# When Health comes First

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# Know Your Fruit Juice

*GH* put four leading brands of packaged juices through a blind test. The panel of experts and readers scrutinised each product on different parameters. Here are the findings...



## Please Note

The packaged juices were tested by each member of the panel and the rating was given depending on his/her individual and subjective experience

### ■ TEXTURE

1. Tropicana 100%
2. Real Fruit Power
3. Sunkist
4. Harvest Perfect

### ■ TASTE (CLOSER TO NATURAL FRUIT)

1. Harvest Perfect
2. Sunkist

3. Tropicana 100%
4. Real Fruit Power

### ■ COLOUR & APPEARANCE

1. Tropicana 100%
2. Sunkist
3. Real Fruit Power
4. Harvest Perfect

### ■ AROMA

1. Harvest Perfect
2. Tropicana 100%
3. Real Fruit Power
4. Sunkist

### ■ AFTER-TASTE

1. Sunkist
2. Real Fruit Power

3. Harvest Perfect
4. Tropicana 100%

### ■ TOP SCORERS (ACROSS CATEGORIES)

1. Harvest Perfect
2. Tropicana 100%
3. Sunkist
4. Real Fruit Power



The brands were picked on the basis of popular choice and easy availability



### Brands Tested

1. Tropicana 100% Orange, 1 litre, ₹105
2. Real Fruit Power Orange, 1 litre, ₹99
3. Harvest Perfect Orange, 1 litre, ₹90
4. Sunkist Orange, 1 litre, ₹89



### The Panel Members



Khyati Minglani,  
PR professional, 22



Sonali Ghosh Sen,  
journalist, 44



Manju Shukla,  
homemaker, 38



Dr K Ragini Rao,  
physiotherapist, 48



Anuradha Utreja,  
teacher, 40



Krita Raut, media  
professional, 32



Ranjana Bhargava,  
educator, 55



Kumar Gaurav,  
chef, 32



Bhanu Nehra,  
entrepreneur, 24



Piyush Jain,  
corporate chef, 30



Shivaangi Utreja,  
student, 11



Nandini Banerjee,  
GH food anchor, 32

# 20-Minute Breakfasts

Interesting recipes to help you prepare the first meal of the day for your family, delicious and yet so easy



## Chocolate Waffle

(You will need a \*waffle maker for this recipe)

**Time: 15 minutes**

**Serves: 4**

2 cups flour  
2tsp baking powder  
½ tsp salt  
1½ cups milk  
1tbsp butter, melted  
1tsp vanilla essence  
1 egg yolk  
1tbsp sugar  
½ cup chocolate chunks  
Oil to coat the waffle maker

1. Lightly coat a waffle maker with oil and preheat.
2. Sift together flour, baking powder and salt in a bowl.
3. In another bowl, beat together milk, butter, vanilla, sugar and egg until well blended.
4. Fold the egg mixture into the flour mixture and mix well.
5. Add the chocolate chunks and whisk again till the batter is of a pouring consistency.
6. Carefully spoon about ½ cup batter onto the hot waffle iron, spreading batter to edges. Cook for 3 to 5 minutes or until done.
7. Repeat for remaining batter.
8. Serve the waffle hot with maple syrup or honey.

(\*Available in India with leading brands such as Morphy Richards and Nova)

**Per serving** 414cals, 12.6g protein, 13.5g fat (7.4g saturates), 64.5g carbs, 7.6g fibre

## Sausage Scramble

Time: 15 minutes

Serves: 4

1 cup chopped chicken sausage  
1 red bell pepper, chopped  
1 onion, chopped  
1 egg (or as needed)  
2 cups chopped boiled potatoes  
2tbsp chopped parsley  
 $\frac{1}{8}$ tsp pepper  
Salt to taste  
1tbsp oil

1. In a pan, heat oil on a medium flame and add the sausages. Sauté for a couple of minutes, then remove from heat and drain excess oil on a kitchen paper.
2. In the same oil, sauté bell pepper and onion with salt and pepper for a couple of minutes. Then cover and cook for 5 minutes or until tender.
3. Add the potatoes and cook for 5 minutes or until potatoes are heated through, stirring often. Mash the potatoes if you like.
4. Stir in the sausage and mix well.
5. Remove from heat and arrange on a plate.
6. Poach the egg and add it to the sausage plate or on top of the sausage mix. Sprinkle parsley and serve immediately with breads of choice.

**Per serving** 236.5cals, 9.7g protein, 12.8g fat (2.8g saturates), 20g carbs, 2.5g fibre



## Egg Salad

Time: 20 minutes

Serves: 2

3 eggs  
2tbsp butter, chilled  
Salt and pepper to taste  
 $\frac{1}{4}$  cup mix salad greens of your choice, sliced  
 $\frac{1}{2}$  tomato, sliced (add green and cherry tomatoes if liked)  
 $\frac{1}{2}$  onion, thinly sliced

1. In a bowl, toss the salad greens, tomato and

onion with some salt and pepper. Keep aside.

2. Heat a pan on medium flame and add butter and eggs. Lower the flame and whisk the eggs with the butter till mixed.
3. The butter will melt side by side while the egg scramble begins to solidify. Keep whisking till you get a soft, moist yellow egg scramble.
4. Season with salt and pepper and remove from heat. Remember, the eggs should not begin to brown and should remain moist.
5. Serve the egg scramble with salad and toasted bread if you like.

**Per serving** 115.7cals, 4.5g protein, 8.8g fat (4.6g saturates), 3.6g carbs, 1.5g fibre



## Shrimp Pockets

Time: 20 minutes

Serves: 4

250gm shrimps, boiled in salted water till the shrimps are soft but not rubbery  
½ cup ready-made salsa (Cremica, Kraft)  
¼ cup \*sour cream (gourmet brands)  
1½ cup chopped lettuce  
1 cup boiled corn  
1 tomato, chopped  
2tbsp fresh dhania, chopped (optional)  
4 pita pockets (easily available in local bakeries)

1. In a bowl, toss shrimp with salsa. Set aside
2. In another bowl, mix sour cream with lettuce, corn, tomato and dhania.
3. Fill each pita pocket with shrimp and vegetable mixtures. Serve immediately with a dip of your choice.

\*Available in major food stores in your city

**Per serving** 231.7cals, 19.3g protein, 5.7g fat (2.5g saturates), 28g carbs, 4g fibre



## Potato Omelette

**Time:** 20 minutes

**Serves:** 4

**2 cups thinly sliced onions**  
**½ cup potatoes, thinly sliced**  
**6 eggs**  
**2 egg whites**  
**1tbsp oil**  
**½ cup Mozzarella cheese, grated**  
**Salt to taste**

**1.** In a non-stick pan, heat oil on a medium flame. Add onions, potatoes and salt (to taste) and sauté for a minute. Then cover the pan and cook for 10 minutes or till the potatoes are tender,

stirring occasionally.

**2.** In a bowl, beat together eggs, egg whites, half of the cheese and salt to taste.

**3.** Add the egg mixture to the cooked potato mixture in the pan and continue to cook on low flame until the mix begins to solidify.

**4.** Flip the omelette and sprinkle the remaining cheese. Cover the pan and cook for 5 minutes or until set.

**5.** Slide on a plate and cut into wedges. Serve with ketchup and breads of your choice.

**Per serving** 235cals, 17g protein, 13.7g fat (4.8g saturates), 9.7g carbs, 1.4g fibre



### Tuna Bread Wrap

Time: 15 minutes

Serves: 4

100gm canned tuna  
1 carrot, shredded  
½ red bell pepper, chopped  
¼ cup low-fat, eggless mayonnaise (Fun Foods, Cremica)  
3tbsp curd  
1tbsp fresh lemon juice  
Salt and pepper to taste  
4 bread slices

1. In a bowl, combine tuna, carrot, red bell pepper, mayonnaise, curd, lemon juice and pepper.

2. Place a portion of the tuna salad in the middle of the slice of bread and roll up like a wrap. You can also, make a sandwich using two slices of bread.

**Per serving** 146.7cals, 10g protein, 4.2g fat (0.5g saturates), 17g carbs, 1g fibre

### Apple Crisp

Time: 10 minutes

Serve: 2

1 cup coarsely chopped apple, skin removed  
2tsp apricot jam (or any jam that you like)  
2tbsp cornflakes or \*granola  
1tbsp curd

1. In a bowl, put in apple and jam. Microwave on medium high for 2 minutes, stirring every 30 seconds.

2. Remove and top with granola or cornflakes and curd. Mix briefly and serve.

\*Available at major food stores in your city.

**Per serving** 76.5cals, 0.5g protein, 0.5g fat (0g saturates), 18g carbs, 0.7g fibre



goodfood

# God's Own Cuisine

GH food anchor

**Nandini Banerjee** gives interesting tweaks to signature Kerala dishes. All the recipes have been tried-and-tested in her kitchen

Photograph: SHUTTERSTOCK/INDIAPICTURE

## Vegetable Stew

**Time:** 30 minutes

**Serves:** 10

1 carrot, cubed  
 1 potato, peeled and cubed  
 ½ cup green peas  
 1 onion, sliced finely  
 4 green chillies, vertically slit  
 1tbsp ginger paste  
 1tbsp garlic paste  
 ½ tsp peppercorns  
 1-inch dalchini (cinnamon)  
 3 laung (cloves)  
 3 elaichi (green cardamom)  
 2 cups coconut milk (tetrapack)  
 5-6 kadi patta (curry leaves)  
 Salt to taste  
 2tbsp coconut oil

1. Heat oil in a deep-bottomed pan on medium flame. Add dalchini, laung, elaichi and peppercorns.
2. Once the spices begin to splutter, add onion, ginger paste, garlic paste, kadi patta and green chillies and stir-fry till onion turns transparent.
3. Now, add carrot, potato and green peas into the pan and mix well.
4. Pour ½ cup coconut milk and salt and bring the mixture to a boil.
5. Reduce flame and simmer till vegetables are tender.
6. Add the remaining coconut milk and simmer for another 5 minutes.
7. Remove pan from flame and keep aside.
8. In smaller pan, heat ½ tbsp coconut oil and add a few kadi patta. Pour this over the vegetable stew and cover the dish for a few minutes for the flavour to seep in.
9. Serve hot with appams.

## Vendakka Mappa

**Time:** 20 minutes

**Serves:** 2-4

½ kg bhindi, washed, dried and cut into 1-inch pieces  
 2tbsp coconut oil  
 1tsp ginger paste  
 1tsp garlic paste  
 1tsp chopped green chillies



**Known as the “land of spices”, Kerala is globally famous for its unusual fusion of flavours**

4-5 kadi patta (curry leaves)  
 ½ onion, chopped  
 1tsp lal mirch (red chilli) powder  
 ½ tsp haldi (turmeric) powder  
 1tsp dhania (coriander) powder  
 Salt to taste  
 2 cups coconut milk (tetrapack)

1. Heat oil in a non-stick pan on a medium flame. Add bhindi and cook for 8 to 10 minutes or till the vegetable turns light brown. Remove the bhindi from the pan and drain on kitchen paper.
2. In the same pan, add ginger paste, garlic paste, kadi patta, green chillies and onions. Sauté on medium flame for 2 minutes, stirring occasionally.
3. Now, add lal mirch powder, haldi and dhania powder and stir for a few more seconds.
4. Next, add the fried bhindi and salt and mix well. Cook on slow flame for 2 minutes, stirring occasionally.
5. Pour in coconut milk and continue to cook on medium flame for another 2 minutes, stirring occasionally. Take off the flame and serve with parantha or appam.

## Kerala Appam

**Time:** 15 minutes (plus soaking time)

**Makes:** 8 to 10

1½ cups rice, preferably Sona Masuri  
 ½ cup coconut milk (tetrapack)  
 2tbsp boiled rice  
 Salt to taste  
 2tsp sugar

1. Wash and soak rice for four hours. Then drain and grind it along with coconut milk and boiled rice in a food processor to make a smooth batter.
2. In a pan, add ¼ cup of batter and ¾ cup water. Place pan on low flame and cook, stirring continuously till batter begins to thicken and becomes translucent. Turn off flame and let the batter cool.
3. Now, add the cooked batter to rest of the batter and mix well to ensure there are no lumps.
4. Add about ½ cup water to make the batter of pouring consistency.
5. Cover the batter with a lid and let it ferment overnight.
6. Add salt and sugar as per taste to fermented batter and mix well.
7. Heat a non-stick wok on medium flame. Tip in three drops of any vegetable oil and wipe the pan with a moist cloth.
8. Lower flame and pour in a ladle-full of batter in the centre of pan. Lift pan and twirl so that the batter moves in a clockwise direction to spread out in a circle like a pancake.
9. Place pan back on low flame and cover. After a couple of minutes, check to see whether the edges of the appam have become crisp and are beginning to come off the sides of the pan. The centre should remain soft, fluffy and be cooked through.
10. Lift appam with a wooden spatula and serve it hot with vegetable stew.

# goodhouse

SETTING UP A WINE BAR, SMART GARDENING, MATTRESS ALERT & MORE

## On The Hill, A Cottage

Rupam and Oli Borah's holiday home at Naukuchiatal near Nainital is a labour of love – where imagination meets clever design and function. **Sonali Ghosh Sen** explores their charming hill retreat





A half-built cottage. A small plot. Overgrown weeds. When Rupam and Oli bought their house, their inner artist saw none of these. What they saw was a home with many possibilities – full of sunshine, beautiful trees, and a lovely lake view...



The hill home owners  
-Rupam & Oli Borah

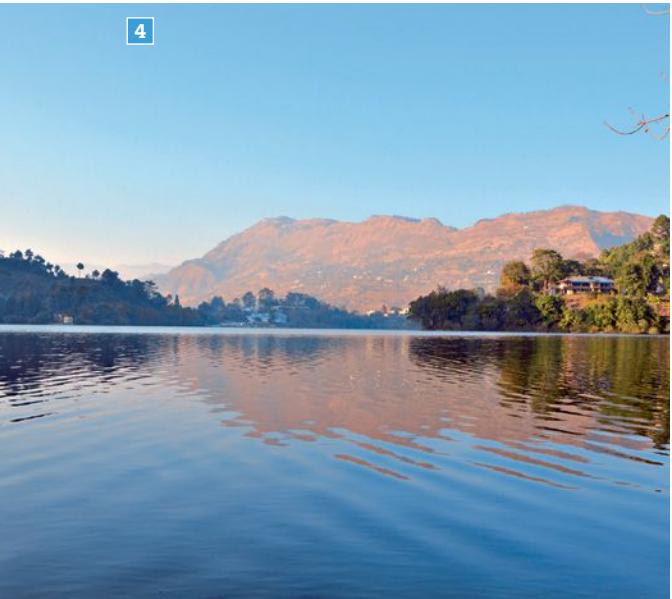
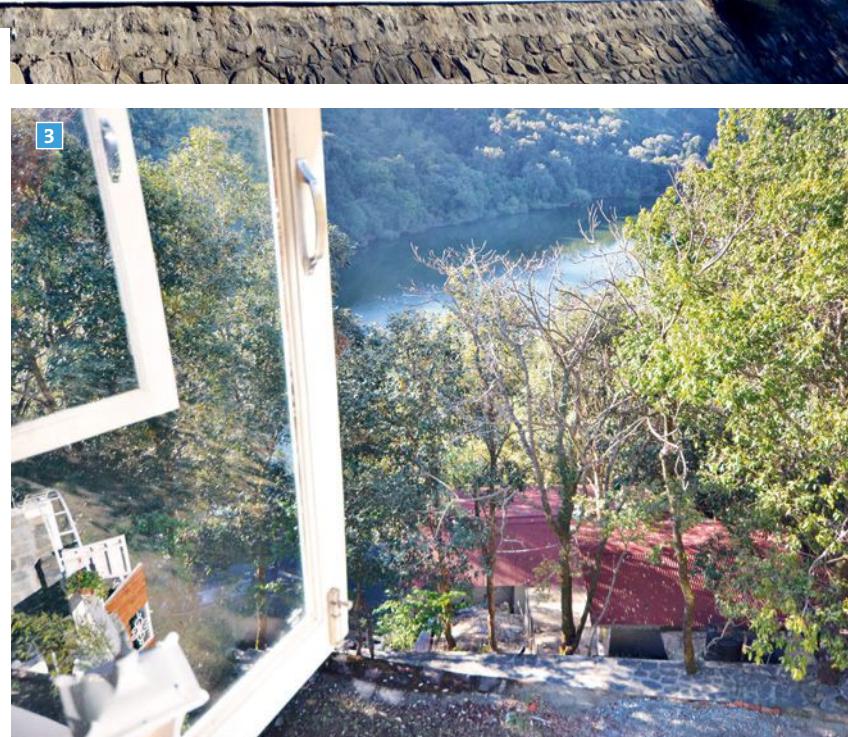
### Nature's Abode

This hill home with its rustic and charming natural stone-wood façade melds with the beauty of its surroundings. ‘When we bought this place, we knew that we wanted to build our version of an eco-home,’ says Oli. The first thing they did was break the older dilapidated structure (which was already there) and build afresh, using the stone and wood left over from the earlier construction. Money was a constraint and so was space. ‘Then we realised that we had a natural garden with the tree cover and the lake below,’ says Rupam. So, sacrificing a big lawn, they built a pretty sit out area with wrought iron table and chairs (see pic 5). Their enthused daughters have planted petunias, lilies and wild roses around the house. Though the couple are busy advertising professionals in Delhi, this cottage brings them back to the hills, almost every month. ‘It gives my daughters such joy to see how much the plants grow, with every visit,’ says Oli.

### A Sunny Space

Ample doors, windows and sky

Oli and Rupam's hill cottage does full justice to the "great outdoors"



1. The cottage has an impressive wood and stone exterior with pretty wrought iron railings giving it levity – it does full justice to the great outdoors.
2. Birdhouse shaped lamp boxes attract a wide variety of birds in the day and illuminate the house at night.

3. The couple built two attic spaces for their daughters, as an alternative to a balcony, which give a nice view of the lake unobscured by the trees – almost like a “hanging balcony” – as described by Oli.
4. The serene Naukuchiatal – “the lake with nine corners”.



5



**Ducks, barking deer... an occasional leopard are not rare sights. ‘Thankfully, bulbuls and warblers wing their way to our house, and not leopards,’ laughs Oli**

lights have come together to make this house, a sunlit haven (see pic 9). The living spaces are uncluttered – storage spaces have been carved into box beds and under staircases. Books seem to be suspended in thin air, on cleverly designed shelves (see pic 7). A quaint, empty birdcage and cushions with printed butterflies bring home the outdoors (see pic 9) – in every sense, this holiday home is an extension of the natural surroundings. Says Oli: ‘We turned architects, designers, even carpenters during the making of this

cottage.’ When the couple visited the local wood markets, they were appalled at the amount of wasted wood. Rupam and Oli used this to make furniture – rustic wood headboards for the beds; (see pic 10) and wooden benches and tables made following the grain of the wood. Rupam’s favourite piece is the dining table that he designed and made himself. It is a place of comfort, of artistic epiphany for him (see pic 12). All this adds to the beauty of the cottage, which lives up to its name – “La Belle Vie” – the good life.



**6.** The first floor opens into a serene living space with wide picture windows that frame a panoramic expanse of green.

**7.** The bedroom's rustic white wall and unusual antler-shaped chandelier echo the natural look of the wooden floors.

**8.** A charming assortment: Flower sprigged curtains, a replica of Dali's "melting clock", a wooden bench

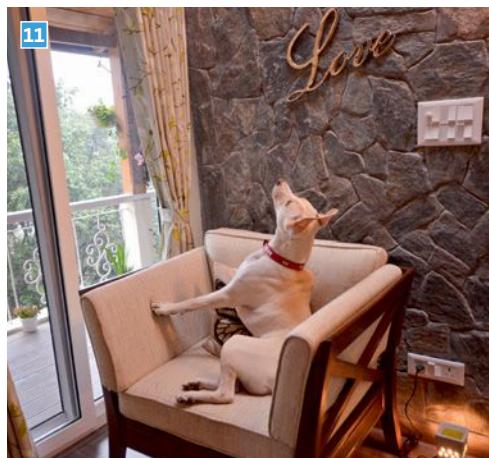
crafted by Rupam, and a quirky dog sculpture.

**9.** Sunlight comes in through a skylight and lights up the wall separating the bedrooms.

**10.** Wooden poles used by construction workers become balustrades for their attic space.

**11.** Their dog Bella makes the couch her own.

**12.** The dining table was made by Rupam – it is a place of comfort and artistic epiphany for him.



# Bedtime Matters

Keep the bugs away and go “green” even as you sleep. Here’s how

## Mattress Alert

We spend almost one-third of our lives in our beds. So a well-maintained mattress translates into a more comfortable, healthier life. Wake up feeling more energised – here’s what to do



**Fix A Stain** Spray hydrogen peroxide (available at most chemists) on the stain and let it stay for 4-5 minutes. Next, sprinkle baking soda. Brush it off after a few hours. Alternatively, use any diluted mild liquid soap. *Dry the area completely before spreading the bedsheet.*

**COVER UP:** Use a vinyl or cotton cover – keeps the allergens at bay, and yes – the mattress stays clean as well.

**BANISH MITES:** Dead skin cells attract dust mites. Opt for occasional vacuuming (after removing the cover) – this restricts growth of bacteria and other allergens and prolongs the life of the mattress.

**-Inputs by K.Madhavan,  
Managing Director, PEPS Mattress**

### Get An Eco-snooze

#### Bamboo Bedsheets

Upgrade your linen cupboard with bamboo bedsheets (sheets made from the fibres of the bamboo plant) – not just a fancy option; it comes with its own boons. The fibres are soft and the sheets have a nice silky feel – and get softer with every wash. Bamboo is naturally resistant to bacteria – even pesticides don’t need to be used on the bamboo crop, which makes these sheets even “greener” – yes, it’s a great eco-friendly\* alternative. Need another reason to go scouting to a home store? These sheets cost roughly the same as mid-quality cotton sheets. Available at all leading home stores.

**Bamboo sheets stay cool in the summers and warm in the winter months**



Photographs (bottom left): DAVID TURNER/STUDIO D; courtesy Good Housekeeping US

\*Bamboo is one of the most natural renewable resources of all

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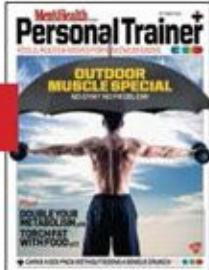
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# Prep Up For Scorching Days



Here's what you need to do to get your greens ready to take the heat head-on...By Suman Mathur

March is the ideal time to clear the space – remove twigs, rocks, mud clods and weeds from your garden and pots. Then rake well to aerate the soil. Prune the shrubs and trees. Add manure and fertiliser to the soil – your plants need a lot of nourishment to battle the change in temperature.

## Your Summer Nursery

- Choose from blooms such as zinia, cosmos, marigold and sunflower, and greens such as kochia, moneyplant and ferns.
- In veggies, opt for okra (bhindi), bitter gourd (karela), bottle gourd (lauki), French beans, tomatoes, capsicum and mint.
- Make sure there's variety, but no overcrowding – plants, just like us, feel hotter in a crowded environment.
- Get the seeds from your local nursery – place them one-inch deep in the soil. The soil should

not be too dense; add some sand if required and lightly sprinkle dry soil on top. Spray on water.

- The saplings take approximately 30 days to get ready for transplanting\* – you'll know they are ready when the saplings have a few (five or more) leaves on them.
- Use the correct soil mix when replanting – 2 parts soil, 1 part sand, 1 part leaf mould, a fistful of neem khali, 1 tbsp of bonemeal; all ingredients will be available at your local nursery or buy the ready-made soil mix.



### Quench Right

Check on the hose and buy a new hose, if required. Longer, slower watering works best for a garden – invest in a sprinkler if you have a lawn.

### TIP OF THE MONTH

Keep a trimmer handy – delicate flowering shrubs benefit with a light trim as it encourages more leaf growth which in turn protects the plant.

### AS THE MERCURY RISES

Weather extremes can leave your garden – plants and soil – feeling drained. Plan in advance: Figure out which areas in your garden get the most sun, and therefore need maximum protection. Consider planting in areas that do not get direct sunshine. Also, seasonal pots work best – these can be moved to "safer" areas or indoors, when the weather gets too hot to handle. Here are some more tips:

**1** Grow/place plants with similar water needs together. This makes watering easier for sure and also plants form mini ecosystems and protect each other.

**2** Plant some fragrant flowers such as the night-blooming jasmine (raat ki rani), jasmine (chameli), plumeria (champa) or tuberose (rajnigandha) to lend a cool, refreshing touch. March is the ideal time to get saplings from the nursery and prepare the pots.

**3** Think of ways to increase the shade. For instance, place hardier plants (such as palms in big pots) in such a manner that the fragile ones are shielded from direct sun rays – get your palms or "guardian" plants ready in advance so that they become healthy in time to provide adequate shade.

Suman Mathur is Unit Convenor, All India Kitchen Garden Association, Delhi.

\*Transplanting/replanting or moving a plant from one location to another promotes healthy growth.



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Kohelika Kohli is CEO & Creative Head, K2India (Kohelika Kohli Architects). She is a specialist in urban design, having worked extensively for high-end town houses in New York and the Hamptons, before starting her own firm in India.

**GOT A QUESTION?**

Ask Kohelika for help with your interior-related problems. Just email her at [ghindia@intoday.com](mailto:ghindia@intoday.com)



# Ask Kohelika

## Winter To Spring

As the cold and bleak weather takes its leave, throw in some colour – not only into your wardrobe but also your home

It's not possible to change upholstery every season. The challenge then is to create a "transformation" while retaining the bigger elements. The good part is that generally most homes have neutral-monochromatic furniture, which allows the homemaker some versatility.

● **Offset The Décor Fatigue** Reversible cushion covers are a great option to go with – a local tailor can easily sew these up for you; buy two different kinds of cloth complementing different seasons. Even sofa sets – depending on the style – may be refreshed in a similar fashion.

● **Play Up Colour** Even as you pack up the warm throws that brought colour to your winter décor, think on how you can do a 'Holi' theme – introduce some bright colours. An easy way is to buy a piece of vibrant art for the walls – the street markets in all cities present exciting, affordable options. Another is to bring in the blooming outdoors – whether birds of paradise or anthuriums or even simple daisies; these add colour and warmth to any home.

### ● Eclectic Floors

In the winter months we all like to have thick double-knotted plush carpets under our feet. However, the summers open up the possibility of rolling out lighter and cheaper spreads, which



**Be Unpredictable** As the seasons change, remember this – normal is boring. Today home décor is all about being eclectic and retro. Don't worry about everything matching – if it looks good to you, then it is!



are generally more vibrant as well. I like chattaïs, particularly the vegetable-dye variety from Kerala. Kilims and durries work well too – best to buy cotton or jute; avoid wool blends.

### ● A Spring Setting

Give a thought to the table settings as well – I have always found that chikan work is an excellent choice for spring time. For instance, white and blue crisp chikan table mats, or if you wish to be bold, raspberry coloured napkins – looks especially striking when paired with simple white crockery.

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# Serve & Savour

What you need to know to set up a wine bar at home... **By Ritu Ghai**

A sequel to the article "Wines & How" - Good Housekeeping, February 2015

Wine is all about occasions and celebrations. Unlike whisky or vodka, a wine bottle cannot be pushed to the back of a cupboard. It needs a stylised environment – the good news is that setting up a wine bar at home need not be an extensive affair. While a wine fridge or a temperature controlled wine cellar is great to stock up your wine collection, it's not your only option. Says Rakshit Khurana, Delhi-based wine trainer at a specialised consultancy firm\*

for the beverage industry: 'A refrigerator free of any unwanted odour serves just as well. What you stock in your bar depends on your budget.' It is a good idea to stock up variants of Whites and Reds from different countries – however, you may also start with different Indian wines and build up a "world collection" over time. Invest in a decent Rosé wine and if you can grab some fortified wines such as Sherry, Madeira, Marsala, Vermouth – nothing like it.'

If the wine develops a slight off note, shift it from the bar to the kitchen and use it for cooking purposes

Reds are best savoured in big egg-shaped glasses that taper towards the top. Whites are served chilled in tall ones – fill the glass only till its broadest point

## Stocking The Basics

**Glasses** Make sure the glassware is right – the thinner, the better – and yes, it must be kept sparkling clean at all times. Reds are best savoured in big egg-shaped glasses that taper towards the top. Whites are served chilled in tall ones (size is smaller than for the Reds). For champagnes too, glasses are tall, tulip-shaped so that they can hold the bubbles longer. Know this: The glass should always be filled only till its broadest point (150ml is the average restaurant serving size).

**Wine Opener** Select from the many styles available in the market or online\*\*. ‘If you are a beginner, an Angel’s Wing is recommended (see pic on right) but I prefer the double hinge cork screw – requires a bit of expertise but offers a smooth pull.

**Wine Stopper** It delays the oxidation of the wine, in case you are putting back an unfinished bottle in the fridge. But remember, this device will only delay it – not prevent it. ‘It’s hard for an open wine bottle to stay in drinkable condition beyond 48

hours and max 72 hours,’ says Rakshit.

**One can also get a bubbly stopper for opened bottles of bubbly wine** – specially designed to stop the bubbles from escaping.

**Decanters** These make a great serving option as they expose red wine to air and render it more agreeable for the palate. ‘It’s a must-have addition to a connoisseurs’ bar,’ says Rakshit.

**Wine Rack** This is not really an essential but it offers the best way to flaunt some of your favourite bottles. Remember to keep it away from glass windows that receive a lot of sun.

**An Aerator** This may prove to be a worthy investment if you like your red wine to be aerated well – tastes better no doubt. Also with this tool you can aerate a glass at a time instead of decanting the whole bottle.

**Wine Pourer** For a more fancy effect, use a wine pourer and avoid the wine from dribbling on the label as you pour. Another advantage – it aerates the wine even as it is poured.

**What else would one need to complete the wine bar?**

Here are some suggestions from Rakshit: A wine cooling bucket, especially when you want to have an outdoor sit-out. It’s also a great idea to have some ready-to-eat snacks in your wine bar to munch along – peanuts, olives, chocolates or cheese. And yes, do keep paper towels handy in your wine bar area for those not-so-occasional spills.

**While adding to your wine accessories, pick a cheese dome** (see pic below right) – takes up the style quotient 10-fold. A stylish serving dish – glass hemisphere set on a wooden or marble circular plate – it allows the cheese to “breathe” thus retaining its flavour.



## INDULGENCES

### Wine Fridge

Good investment for ardent wine collectors. Double pane insulated glass doors, digital controls with LED display and adjustable temperatures ensure perfect conditions for storing wine. [www.junglee.com](http://www.junglee.com) has a range in all sizes and brands. The capacity ranges from 15 to over 100 bottles – zero in on the one that matches your budget and space.

### Wine Rack

The Montevideo Wine Rack in Espresso Walnut Finish – a great addition to your wine bar area. Built with sheesham wood, this classic piece will blend in with any bar space. Use the table top for serving refreshments and drinks. ₹14,990; [www.pepperfry.com](http://www.pepperfry.com)



### Wine Accessory Set

Opt for the Plush Plaza Veneto Wine Set with one case and five bottle openers if you want a wine bar that scores high on style. An innovative and chic wine bottle exterior case that

opens up to reveal wine accessories. It is made of stainless steel and is durable. Be careful not to wash the case – only the openers are washable. ₹1,799; [www.homeshop18.com](http://www.homeshop18.com)



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## Words Were All She Had

Hailing from a privileged background, Pamela Manasi's life stumbled on unexpected hurdles... In carving out a fulfilled life for herself she found an unusual crutch. **Kalyani Prasher** brings you the story of this graceful woman who battled setbacks with quiet dignity

**At first glance** Pamela Manasi is the typical middleclass homemaker, a retired associate professor, now residing quietly in her well appointed south Delhi flat. But there's a lot more to the gracious 68-year-old than meets the eye. From starting to write at the late age of 40, she is today one of the most prolific and sought after Hindi-English-Hindi translators in the country. She has just finished translating three Agatha Christie novels, including the latest one commemorating 125 years, *Monogram Murders*, into Hindi for HarperCollins India. An English professor by day and Hindi writer by night, Pamela epitomises the textured duality of the life of the Indian woman.

We meet in her warmly furnished apartment where she lives alone, surrounded by her beloved books. Her husband passed away a couple of years

ago; her daughter married and moved away, and son is away in Canada. Looking back at her life today, Pamela reminisces, 'It's been a long journey and not really an easy one.'

### Innocence & Beyond

She has laid out tea for me and not one but four snacks in dainty china bowls. 'Tea is always good for conversation!' she says with a laugh, as we begin our chat.

Growing up in Ferozepur, Punjab in the 1950s, Pamela got her love for reading from her father. 'We used to read the same books. I would read the books when he went to work and in the evening, we would discuss them.' They read a lot of English literature, Hardy, Marie Corelli, and, of course, Dickens and all the other classics, but the household also subscribed to a number of Hindi magazines which kept



Photograph: RAJESH RAI/WWW.INDIATODAYIMAGES.COM

*Pamela got her love for reading from her father. Together, they read and discussed a lot of English literature – Hardy, Marie Corelli and of course Dickens and other classics*

young Pamela interested in both. She would sometimes scribble down her thoughts and even sent an article (in English) for publication to *Eve's Weekly*.

In 1965, this association with literature came to an abrupt halt when she got married and became Pamela Malhotra. 'My mother later told me that my article was published by *Eve's Weekly* but by then my early life (of spending evenings reading with her father; the exchange of new ideas, and thoughts gleaned from the myriad books they shared) seemed like another era. I had come to a totally different environment. It wasn't really conducive to creative work... You see, the family that I came to, these people, were not very easy to live with...', she pauses, not wanting to dwell on the years of her life she'd lost touch with what she loved doing the most: reading and writing.

Living with her mother-in-law was difficult; she made life suffocating for Pamela, in her early 20s then. To add to this, her husband's brother passed away and his wife came to stay with them. Since Pamela's husband was in a transferable job, she was left alone to deal with them. But even when he was around, things were far from ideal. To her disappointment, young Pamela discovered that she and her husband had nothing in common. In fact, so different were they in personality and temperament that, after the children were born, it led to them living separate lives under the same roof. 'I brought up the children like a single parent. My husband was never around; Bhabhi was not a bad person but a little too old so it wasn't like I had a friend in her, either.'

For a creative mind, this was a suffocating existence. And Pamela was deeply frustrated and wanted to break free. It was then that she decided she needed to make a life outside of the house to keep her sanity: she started looking for a job. But in this too, she was



**1.** Pamela with her two children Aditya and Vandana **2.** Pamela at a seminar **3.** With her daughter Vandana

*I brought up my children like a single parent. My husband was never around and Bhabhi was a little too old to be a friend'*

in for a disappointment. 'I was a topper in MA Philosophy from the well-known Punjab University but wherever I applied for jobs, I didn't even get interview calls, I was totally surprised.' Instead of giving up though, Pamela applied for MA English in 1969, partly because of her interest in literature and partly because she realised she needed an MA degree from the Delhi University to become a teacher.

In 1971, she started teaching English in Shyama Prasad Mukherji College. Along with teaching, she took on many roles – taking care of her children, her ailing sister-in-law and dealing with a difficult mother-in-law on a daily basis, while trying to balance out a troubled

relationship with her husband for the children's sake. This continued for almost two decades till both the elderly ladies passed away.

### Writing Away The Blues

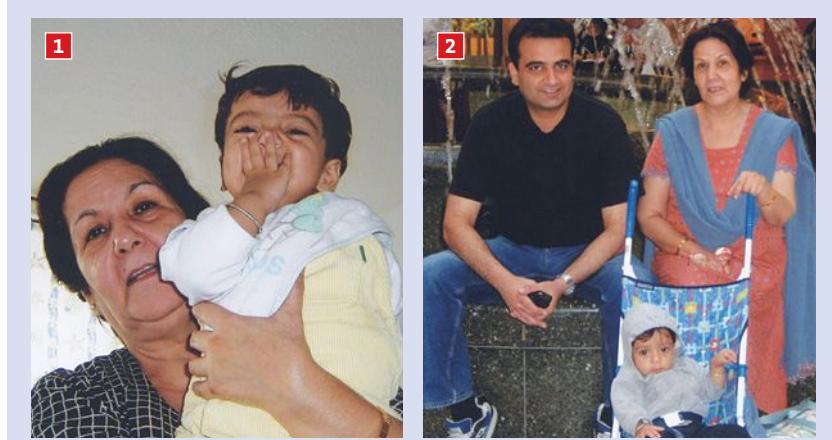
Her job brought back her love for literature to the fore. When she started fending for herself, she regained the confidence to write. 'I realised I was being unfair to myself. I had lost my writing but now, suddenly, I had this urge to express. It was as if prison gates had opened to let me out...' It would've been natural for her to write in English but at that time a new movement in Hindi writing, the Nayi Kahani literary movement pioneered by the likes of Mohan Rakesh, Kamleshwar, Bhisham Sahni, Nirmal Verma and Krishna Sobti, which had begun in the late 1950s, had gathered strength. Still in her 20s, Pamela too was taken up by it. 'All these people were writing a lot in the 70s and I was very influenced by them. That is the reason I started writing in Hindi.' She started squirreling away pieces of

short fiction she penned in Hindi.

A decade went by. ‘It was then that a friend insisted I send my writing to magazines and papers. In the beginning there were a number of rejections.’ In 1985, her first story *Rishton Ki Karvat*, was published by a small local magazine, *Sarvapriya*. By now she had changed her name to Pamela Manasi. ‘I got nothing but pain in my life as Pamela Malhotra... “Manasi” means woman. Finally, I was an independent woman.’ Her first big break came in 1987 when *Dharmayug*, a prestigious magazine at the time, published her short story, *Jagtu*. Once that happened, there was no looking back. Her writings were featured in a string of publications from *Kahaniyan*, a literary magazine published from Bhopal, to *Femina* and *India Today Hindi*. This was a happy time. She immersed herself in writing prolifically in Hindi and in English. **The unhappiness in her day to day life did not matter. She escaped into the world of words.**

### Despite All Hurdles

But things were not rosy for long. There were several cliques in the writing world and soon Pamela found that she didn’t fit anywhere. Not for the first time in life, she found herself facing an uphill task in carving out a space for herself in a world where her own colleagues and editors were reluctant to give her validation. ‘I used to get a lot of fanmail. I got good feedback when *India Today Hindi* published my story. But when they talk about Hindi writers, names like mine wouldn’t be mentioned. At that time this used to upset me, I used to feel maybe my work should have been more seen, but now it doesn’t bother me, I don’t even think about it.’ She decided to deal with it by shunning the public platform and quietly focussing on her work. By the



1. Pamela bonds with her granddaughter, Urja 2. Pamela, her son Aditya and granddaughter enjoy an evening out

1990s, Pamela had done a lot of writing and with the growing demand for Hindi translations of English books, she also got into translating.

There were all kinds of troubles in her path, some of them quite unexpected. ‘Someone once told me, “Pamela? Yeh naam toh Hindi me nahi chalega!”’ (This name will not work with Hindi) It was a name her parents had liked and given her and she had never thought about it before.



But validation came to her in other ways. ‘I remember once I got a letter from a young man who was travelling from Kanpur to Lucknow and picked up my book at the railway station,’ she recalls, her eyes twinkling at the memory, ‘he said he wanted to prepare for his exam on the train and planned to read the book only later but couldn’t put it down. Such interactions with readers were so satisfying.’ Today, Pamela enjoys translating as much as

writing. She’s currently working on translating *Dark Star*, Rajesh Khanna’s biography, into Hindi. ‘I took this up because of my love for Bollywood! I am a total movie buff.’

Mother, teacher, woman, friend, writer, and a movie buff: there are many facets to Pamela and she juggles them all in the efficient and lighthearted way only a woman can. ‘Sometimes I feel I suffer from a kind of madness! Translations are tough. You have to be true to the writer, you can’t lose sight of the original style, you have to catch the nuances, hold yourself back, get inside the author’s mind, maintain the language, and become that other person writing in a different language...’ she tapers off and looks up at me and smiles, ‘I really don’t know why I do it!’

# Ask Leepakshi

Leepakshi has been a certified tarot card reader and crystal counsellor for the last eight years. During her sessions, she also draws on her knowledge of astrology as a powerful tool for self-exploration.



## Taurus

APR 20 - MAY 20

Don't speculate or take hasty investment decisions. Your personal relationships will see a rough patch because your communication skills aren't in the best form right now.

**The Chariot says:** Life will offer newer avenues. Explore them.



## Gemini

MAY 21 - JUN 20

You will gain recognition at the workplace and will suddenly be in the limelight. Be careful about niggling health issues you've been ignoring.

**The High Priestess says:** Use words cautiously and take important decisions calmly.



## Cancer

JUN 21 - JUL 22

Unexpected setbacks are likely. Don't be disappointed if your close friends are too busy to realise that you need their time and attention.

**The Devil says:** Ignore people who pull you down. Remember that it doesn't always matter what people think or say about you.



## Leo

JUL 23 - AUG 22

You will act on impulse while handling matters of the heart. Weigh the situation carefully before taking a decision.

**The Hermit says:** It pays to be patient. Remember that time heals all wounds.



## Virgo

AUG 23 - SEPT 22

Your spouse will be a source of happiness. You will enjoy fulfilling relationships as romance is in the air. It's time to plan ahead to avoid last-minute confusion.

**The Lovers says:** A fruitful time lies ahead. Be sure you know where you are heading career wise.



## Libra

SEPT 23 - OCT 22

This is a good time for you if you are in the media. Personal life will also be smooth-sailing. Luck will be in your favour.

**The Star says:** You will be emotionally volatile. Practise meditation to keep gloom away.



## Scorpio

OCT 23 - NOV 21

Work-related travel is likely. It's not a favourable time for speculation.

**The Tower says:** Testing times ahead. Old belief systems will be challenged.



## Sagittarius

NOV 22 - DEC 21

Workplace politics will stop bothering you. Beware of what you write or say.



## Aries

MAR 20 - APR 19

Luck will not be on your side at the moment. Even the rewards will take time to come. Expect a delay in legal matters.

**The Fool says:** If you have an option, try to take the more adventurous route. Hope for the best and sail along.

**The Fool says:** Follow your heart and live for the moment.



## Capricorn

DEC 22 - JAN 20

Your health will need immediate attention. It's best to put off long journeys for a while.

**The Hermit says:** Listen to the inner voice to get clarity on what you really want from life.



## Aquarius

JAN 21 - FEB 18

Don't leave things to your destiny. Take charge. Your children will give you enough reasons to rejoice.

**The Lovers says:** Seek positive people – not the ones who criticise for the sake of it.



## Pisces

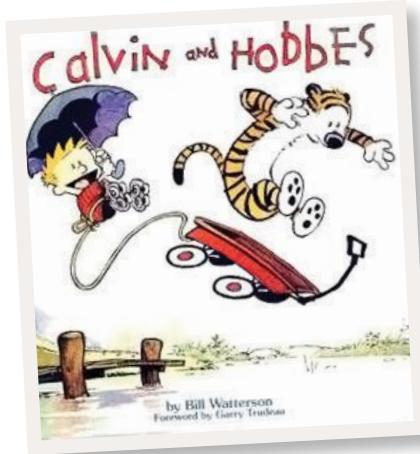
FEB 19 - MAR 19

You will need to leave the self-preservation instinct behind and focus on people who matter. Challenges will keep you on your toes.

**The Devil says:** Drop the emotional baggage that you've been carrying for years.

# Worth Of Mirth

Here are books that had GH staffers and readers literally in splits



## *Calvin And Hobbes* by Bill Watterson

Little Brown, Book Group; The tenth anniversary collection; ₹581

Be warned! There are some inevitable side effects of reading continuous strips of *Calvin And Hobbes* – uncontrollable laughter, strange reluctance to go back to work and amassing a variety of witty quotes to dole out at the drop of a hat. This comic strip is a hilarious take on imaginative children and their whimsical and side-splitting flights of fancy.

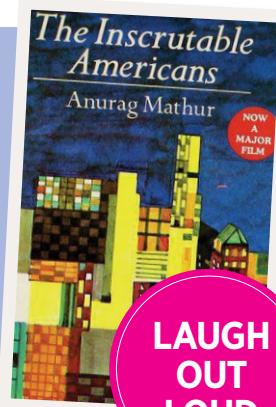
—Nandini Banerjee

## *The Inscrutable Americans* by Anurag Mathur

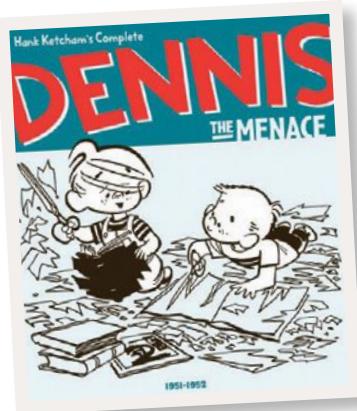
Publisher: Rupa Publications India; ₹95

A naïve boy from a small town in Madhya Pradesh, Gopal, goes to America for further studies and discovers a completely different world. Baffled by the cultural and lifestyle differences, he finds himself in some embarrassing situations. He recounts these mishaps to his brother back home through letters – the correspondence is a laugh riot. Don't miss out on this one.

—Krita Raut



LAUGH  
OUT  
LOUD



## *The Diary Of Dennis The Menace* by Hank Ketcham

Publisher: Fantagraphics Books; Hank Ketcham's Complete Dennis The Menace 1951-1952 (Paperback); ₹1,063

As I child, I loved reading about the escapades of this six-year-old prankster and his love-hate relationship with all those around him, including the "perpetually aggrieved" Mr Wilson. A creation of Ketcham, Dennis Mitchell was the boy you could never hate even as he brought the house down (quite literally!) with his antics.

—Ishita Sharma

**Editor's Choice**  
P G Wodehouse did it for me till I discovered Tom Sharpe. Guaranteed to banish the blues!

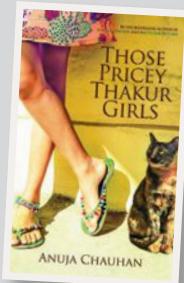
## GH FB VISITORS' CHOICE

## *Those Pricey Thakur Girls* by Anuja Chauhan

Publisher: Harper India; ₹202

The story of Justice Laxmi Narayan Thakur, his wife Mamta and their alphabetically named daughters – this book is the perfect blend of humour and romance. Themes of marriage, relationships, career and city-life play out beautifully in the backdrop of this fast-paced entertainer.

—Babita Srivastava, Mumbai

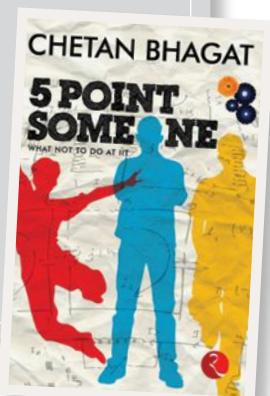


## *Five Point Someone* by Chetan Bhagat

Publisher: Rupa Publications India; ₹90

Ryan, Alok and Hari tackle the rewards and rigours of the country's most prestigious educational institution – the IIT. Their grades are nothing to write home about and sadly, the effects of mediocrity impinge on their professional, family and love life. This one has generous doses of laughter, bound to keep the reader engrossed.

—Yamini Singh Jay, Mumbai



# Is there a hotline between you and your child?

PARENTING IS JOURNEY WHERE YOU FACE MANY CHALLENGES. BUT EACH CHALLENGE CAN BE HANDLED WITH EASE IF LINES OF COMMUNICATION BETWEEN THE PARENT AND THE CHILD ARE OPEN. UNLESS AND UNTIL YOU HAVE OPEN COMMUNICATION WITH YOUR CHILD, YOU CANNOT UNDERSTAND YOUR CHILD; KNOW ABOUT WHAT HE IS GOING THROUGH AND WITH THAT, YOU CAN NEVER HELP HIM. TO IMPROVE COMMUNICATION WITH YOUR CHILD, FOLLOW THESE GOLDEN RULES.

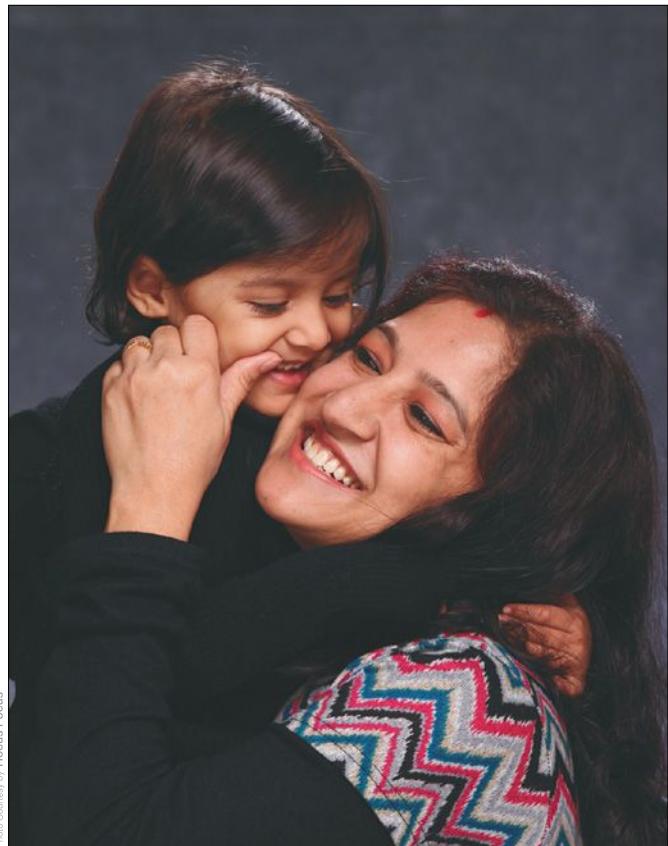


Photo Courtesy: Hocus Focus

**LISSEN TO YOUR CHILD:** Communication with your child will open up only if you are a good listener. Listen with interest, attention and patience. Don't cut down the conversation; let him complete what he has to say. Be available when he has something to talk - important or not important, it doesn't matter.

For your parenting related queries, write to the renowned parenting expert Sudha Gupta at [sudhagupta@mothersprideonline.com](mailto:sudhagupta@mothersprideonline.com)

**POSITIVE  
PARENTING**

by Sudha Gupta

PRINCIPAL PRESIDIUM & PARENTING EXPERT



FOR A HEALTHY RELATIONSHIP BETWEEN YOU AND YOUR CHILD,  
ESTABLISH A HOTLINE BETWEEN YOU TWO. A HOTLINE YOUR CHILD  
CAN DIAL ANYTIME HE WANTS TO AND TALK ANYTHING HE FEELS LIKE!

# goodtoknow

LISTINGS, HAPPENINGS AND MORE

## Check Here For More Information...

### Good Looks

#### Beauty News You Can Use

(See page 52)

#### Naturals Hair & Beauty Salon

8 (Bengaluru) Bannerghatta, Door No 72, 3Rd, Next To Adigas Hotel, Panduranga Nagar, (Opp Hsbc) Bannerghatta Road; 42014185/42014078 (Bhopal) S-10, 2Nd Floor, Db City Mall, M P Nagar, Arera Hills, 0755-6644102/6644104 (Chennai) No 16A, New No 17, Secretariat Colony Main Road, City Link Road,(Above Heritage Fresh) Adambakkam; 044-43322230/43322250 (Ghaziabad) Space 1,2,3,4, 1ST Floor Kshitij Complex,Vaishali Sec-4, 0120-4134801/9953002210 (Hyderabad) 8-2-332/1-A, Road No. 3, Banjara Hills, Opp To Indus Ind Bank, (Close To Banjara Hills Police Station); 9000066357/040-64553294 (Kolkata) CF-128, Sec-1, Salt Lake, 033-40046578/40046579 (Mumbai) No. 2,3,4, Bhagirathi Smruti, Ground Floor, Subhash Road, Vile Parle East; 022-61270807/612771118 (Delhi) 4/18, ground floor, East Patel Nagar; 011-45050171 Scholl Velvet Smooth Express Pedi Available online at Amazon, Flipkart and Snapdeal; at supermarkets such as HYC, Tesco, Health & Glow, Spencers, RIL, ABRL and at shoe stores such as Bata and Metro.



#### Floral Display (See Page 56)

#### Anuradha

Ramam 89,  
Meherchand Market,  
Lodhi Road, New Delhi;  
011-2461 0902; 141  
A/2 Shahpur Jat, New

Delhi; 011-41437611 Wrap Studio 116-A, Shahpur Jat, New Delhi, 9810220367

#### French Connection

(Delhi) G-09, Select City Walk Mall, Press Enclave Marg, Saket District Centre, Pushp Vihar; 011-4053 4545 (Mumbai) Palladium Mall, Phoenix Mills Compound, 462 Senapati Bapat Marg, Lower Parel, Palladium Mall; 022-30728800 (Bengaluru)

Woodlands Hotel, Sampangi Rama Nagara, Sampangi Rama Nagar; 080-22225111 (Kolkata) South City Mall, S-024, South City Mall, Prince Anwar Shah Road. Also available at most Shoppers Stop stores across the country. **Being Human** Check [www.beinghumanclothing.com/stores.php](http://www.beinghumanclothing.com/stores.php) for the one nearest to you. **KharaKapas by Shilpi** website: [www.kharakapas.com](http://www.kharakapas.com); 09958787749

Rena Love 8, Main Defence Colony Market (below Amici cafe), New Delhi; 011-41019501. Also available at all online shopping sites such as Flipkart, Jabong, Snapdeal and Voonik. **Trendy Divva** 270-271, DLF Place Saket, DLF Place Saket, Press Enclave Marg, Saket District Centre, Pushp Vihar, New Delhi; 011-46679020. To shop online, check [www.trendydivva.co.in](http://www.trendydivva.co.in)

### Good Food

#### Host a Tea-party

#### Hollandaise Sauce at home

(See page 76)

Time: 5 minutes

Makes: 1 cup

1 egg yolk; 1tsp water; 1tsp lemon juice; 8tbsp butter; salt and pepper to taste

In a food processor, add egg yolk, water and lemon juice. In a pan, melt butter over a medium flame but make sure the butter doesn't turn brown or become ghee. Transfer butter to a cup. Begin blending the egg mix in the food processor. Slowly pour in the warm butter. Keep blending till

the entire butter is combined with the egg-mix. The sauce should be thick and creamy. Season with salt (if required) and pepper. It's best to use this sauce immediately as it cannot be reheated.

### Good House

#### Sip and Savour (See Page 114)

There is hardly an online store serving in India, which will not be stocking each and every item listed in the article. To compare the items and pricing, try a mix of the following online shopping portals: [www.roomstory.com](http://www.roomstory.com), [www.fabfurnish.com](http://www.fabfurnish.com) [www.pepperfry.com](http://www.pepperfry.com) [www.flipkart.com](http://www.flipkart.com) [www.zansaar.com](http://www.zansaar.com) [www.bedbathandbeyond.com](http://www.bedbathandbeyond.com), [www.shopclues.com](http://www.shopclues.com) and [www.amazon.in](http://www.amazon.in)

### Gourmet Food Places In Your City

**Godrej Nature's Basket** [www.naturesbasket.co.in/stores](http://www.naturesbasket.co.in/stores).

**Modern Bazaar** (Delhi) 15 Community Centre, New Friends Colony; 24, 25 Arjun Marg Shopping Mall, DLF Phase-1, Gurgaon.

**Foodhall** (Delhi) 1st floor, DLF Promenade, Vasant Kunj. (Bengaluru) Level 4, 1 MG Road, Bhaskaran Road, Someshwarpura, Halasuru. (Mumbai) 3rd Floor, Palladium Mall, High Street Phoenix, Senapati Bapat Marg, Lower Parel.

**Le Marche** (Delhi) 224-226, DLF Promenade, Nelson Mandela Rd, Vasant Kunj II. SG 84 to 85, DLF Galleria, DLF Phase 4, Gurgaon.

**INA Market** Opposite Dilli Haat, New Delhi.

# This & That

## Good-To-Know

### A Spanish Sojourn!

Kavitha Vathul, an avid traveller, pens down her recent Spanish holiday for us

I am a self-confessed traveloholic – I plan my holidays by zeroing in on the very best that each place has to offer in terms of culture and cuisine. My recent overseas holiday was to Spain with my sister and a friend – Footprint Holidays planned it around the Tomatina Festival. The last Wednesday of August sees fun worshipping loyalists assembling from near and far at Bunol (a town in the province of Valencia). At precisely 11 am, a shot is fired, and the frenzy begins, as tomatoes arrive by truckload, signalling the beginning of “La Tomatina”. The Spanish are known for their candour and passion for life

and I found this enthusiasm and warmth to be the pulse of this city. While at Spain, I took to driving from one place to another and mapped my own route – I dropped in at Barcelona, Seville, Marbella, Malaga and Valencia. I strolled through the streets, awed by the colours and sights – I was enthralled by Tapas, flamenco, art, architecture, local breweries, patisseries and more which were on my itinerary and I revisited all of this, multiple times. To sign off, we took to navigating cobbled roads,



old, quaint eateries and markets, and catching up on Spanish football.

**About Footprint:** Footprint is a trusted, luxury travel company that creates authentic, unique and truly memorable experiences.  
**Visit:** [www.footprintholidays.com](http://www.footprintholidays.com)

Travel  
Diaries



### Luxury Redefined

Brizo has launched its Sotria product suite, its latest collection of luxury faucets for the bath. The Sotria collection comprises single-handle and widespread lavatory faucets featuring channel or closed spouts, a freestanding tub filler and a bidet. The closed and channel spout options on the lavatory faucets both, provide uninterrupted water flow.



### Art For A cause

Traditional dance forms of Kerala, Kathakali and Theyyam were innovatively interpreted in an exhibition “Kerala Sutra” held at Stainless Gallery, Delhi recently. On display were 35 artistic installations covering 20 designs and involving

nine craft practices. Kerala Sutra is a first start-up by project Mango Tree Craft & Design (A Somany Ceramics initiative) along with designers Sahil Bagga & Sarthak Sengupta. The project aims to promote partnership between indigenous craft skills and industry innovations.



## For High-end Living

Interior designer Gauri Khan recently joined hands with realty megacorp Tulsiani Constructions and Developers Ltd. (TCDL) as their brand ambassador for two years. While Gauri shall be seen in their future advertisements, she will also be designing TCDL's next generation homes too.

'I am really excited to design for TCDL where I have been given a free hand to create spaces that evoke an emotional response,' said Gauri Khan. Anil Kumar Tulsiani, Chairman, TCDL added, 'With Gauri as our design mentor, we aim to achieve a serene balance of luxury, elegance and timeless tradition in places we create'.



## Style Stop

In Joy launched its first store in the capital recently where design meets art. The high-end store retails clothing, accessories, jewellery for men and women along with interesting artifacts, sculptures, table, bed and bath linens.

**Where:** 119, Mehar Chand Market, Lodhi Road, New Delhi – 110003  
011-49050161  
[www.injoybynisha.com](http://www.injoybynisha.com)

## HOUSE CONTEST

Read through "Prep Up For Scorching Days" (Good House – see page xxx) and answer this simple question: **How many days (approx) does it take for a sapling to get ready for transplanting?**

**a) 7 days b) 15 days c) 30 days**

Send your answer by March 15, 2015 with your address and contact no. to [ghindia@intoday.com](mailto:ghindia@intoday.com) with "House Contest" in the subject line. The first two correct entries will win a Memo-board and one lucky winner will receive a Pasta Book Safe – both from Ozone. Winners of the February contest: The first two correct entries are **Nitson Viegas** (Goa) and **Vaishali Marwah** (Gurgaon). The lucky winner is **Meena Anand** (Patiala).



## FORM IV

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2. Mrs. Rekha Purie, 6, Palam Marg, Vasant Vihar, New Delhi – 110 057.
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5. World Media Private Limited, K - 9, Connaught Circus, New Delhi – 110 001.
6. IGH Holdings Private Limited, 1stFloor,Industry House, 159 Churchgate Reclamation, Mumbai-400020

I, Sanjay Thapar, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 1<sup>st</sup> March, 2015

Sd/-

Sanjay Thapar

Signature of Publisher

## Products-On-Shelves



### "Tiled Up"

Kajaria has recently launched its "The Eternity Wood Collection", a range of zero maintenance wooden finish tiles. The collection is available in two finishes: satin and real wood. The salient features include diamond shield coating, almost zero percent water absorption and high scratch and abrasion resistance.



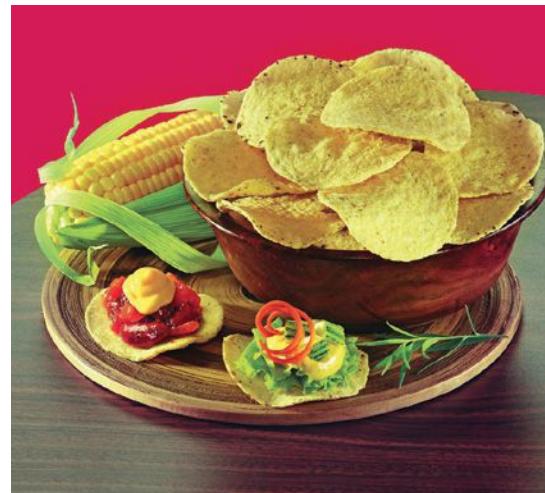
### Do Up Your Home

The new range of Kitchen and Bathroom segment from Grohe includes innovative designs and unmatched luxury. While the Kitchen range "Minta" comes with an easy touch technology, the Bathroom range includes shower cabins with coloured lights, pleasant steam and music.

Visit: [www.grohe.com](http://www.grohe.com)

### Stay Safe

Ozone has recently launched its proximity smart locks for high level security of residence and office. Suitable for framed and wooden doors, these are easy to operate and come with numeric password and proximity remote sensor for operating the lock. Visit: [www.ozone-india.com](http://www.ozone-india.com)



### Spanish Delicacies

Salsalito has launched an exciting range of products which includes wrap tortillas, taco shells, seasoning mixes, salsas, dips, dip mixes and tortilla chips. This apart, a fajita dinner kit and taco dinner kit are also available so that one can take home an assortment of products in a single convenient pack. Visit: [www.salsalito.in](http://www.salsalito.in)



### Chai Time

Typhoo Tea Set is perfect for offering different varieties of teas to your guests. Choose from flavoured green teas, classic English teas to fruit-infusions. Available at most food stored in your city.

# Restaurants & Hotels

If in  
Delhi

## Amreli: Good Food, Better Ambience & Great Service!

I liked it so much the first time I stepped in with a friend that I was back with my family within the week. There are several draws at the Amreli restaurant tucked into The Hotel Diplomat in Chanakyapuri. The ambience is warm and friendly. And the walls are dotted with a fascinating spread of artwork – owner Sidhant Lamba's personal collection that showcases arresting vignettes of life across India. Service is great; discuss your general preferences with the waiter and let him guide your choice of food and beverage. He may in turn consult the chef, helpful and quick to understand individual tastes. A three course meal is a must. I would recommend a minestrone soup followed by the salmon and finally the cheesecake. The soup is delicately flavoured and seasoned just right; the fish fresh and grilled crisp on the outside. The other scrumptious notables are the lal maas (the meat comes off the bone, just as I like it, and it's nice and spicy as the traditional



dish is supposed to be), pasta (ask the chef to tweak the menu dish as you like), the gilauti burger (fantastic idea) and the chicken offerings. My dinner companions enjoyed their meal but felt the desserts stole the show. The other highlight is the location: No noise, no traffic; drive up the quiet driveway of the hotel and give your car over to the valet... Enjoy!

-M Dutta

Meal for Two: ₹2500 (without alcohol) Contact number: 011-46050200

If in  
Delhi

## Desi Roots: An Authentic Memory

Frankly speaking, Indian cuisine doesn't excite me anymore. It's all been there forever, reinterpreted in various forms and then some more. But when I walked into Desi Roots, a fancy new café and bar, I was intrigued. First, the décor is fresh with equal elements of nostalgia and quirk – the tables are old tailor's sewing machines, polished and re-painted; the 25paise toffee jar in the corner of a coffee table and the "wall" of ancient locks and keys. But what really bowled me over was the food. Desi Roots has not experimented with flavours, and that's the draw. The dishes are traditional and delicious – presented in a different manner. So you have Lamb Biryani Croquettes, which is basically Hyderabadi biryani tikki. The Lamb Galawati Pate is another winner. Presented in a glass jar, the galawati is accompanied with sheermal



and tandoori roti. Then there is Prawn Idli Salad, Chicken Tikka served on hot irons and the best – Jamaluddin Ki Kheer.

-Nandini Banerjee

G-16, 17, 30 & 31, Ground Floor, Ras Villas Mall, Saket, Delhi,  
Average Meal for Two: ₹1,200 plus taxes (without alcohol)



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# In Support Of Sports

Clearly passion is not enough, there must be a will – long way to go before India crosses the finish line

**So “India’s World Cup” was won when they defeated Pakistan for the sixth time in their debut match in World Cup 2015.** Indians burst crackers and broke into victory cries at the border. Just across, the mood was equally explosive, only in anger. Televisions were smashed, slogans raised and the team lambasted by Pakistanis in slums and air-conditioned havelis across the country. Cricket obviously moves both nations, perhaps more than Kashmir does. But is enough being done to make the most of this passion?

Cricket apart, today, thanks to celebrity endorsement, football is coming up, as is kabaddi, badminton and hockey. But what about the sports where Indians have shown an inclination historically such as archery; and more recently, chess? Doubtless, the government today is doing more than a decade ago – allocating special quotas, setting up institutions and incorporating sports in curricula – but does it percolate to the grassroots? The fact is that sports is low priority; either the inclination is lacking or the controversies and power play take over.

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To begin with, the middleclass obsession with the IITs and IIMs or government medical and engineering colleges will, over time, be done away with, if there were to be sports academies of similar stature. Parents will not force their cricket player sons to hang up their shoes and spend their time in coaching classes. Of course, the talents that graduate from such academies need to be ensured of a livelihood and keep up their pursuit for excellence in their chosen sport. Despite attempts, the media is still full of stories of how even awarded sports people have to struggle to find a way ahead to a playing field where corruption is not the main player.

If the focus on sports was to be sharpened, the sportsman and his family would not be the only beneficiaries. Jobs would open up in the sports equipment industry; semi-skilled manpower used up in the construction of institutions, and related service industries; and skilled trainers would get more openings. Let’s take a look at ourselves. How many of us insist that our children play some sport? Going to school is non negotiable – choosing to play a sport should be mandatory too. Half the structured school day should be spent in playing or learning about sports. This is not comparable to the setting aside a period for Physical Education. As in the school academic map where children study all subjects till they decide to specialise for higher studies, so too for sports there needs to be a curriculum that will see the child through to Standard X during which he has to play several sports; in class XI and XII, he can choose to play a single sport; then after Standard XII he can major in any topic of his choice – whether it be sports or academics.

-M Dutta

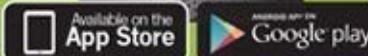
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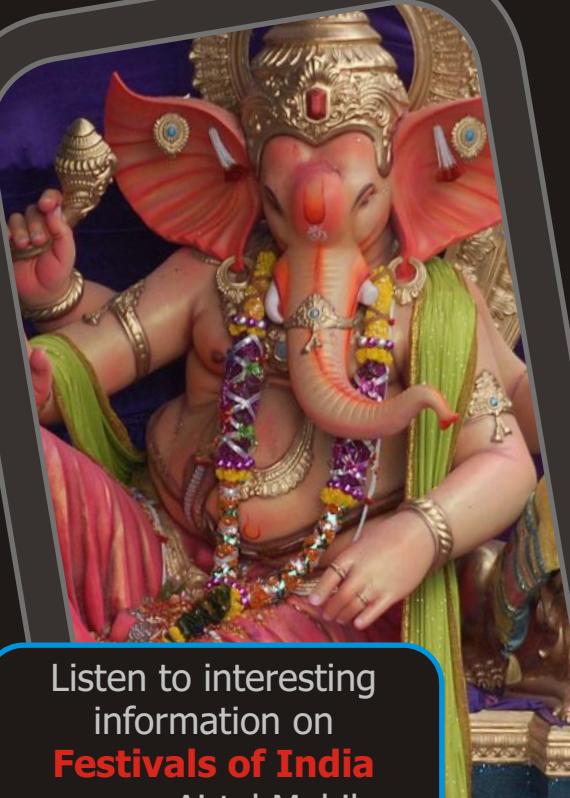


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